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Physiology, Hydropathy, and the Laws of Life.

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MRS. MOWATT has been restored to perfect health at Dr. Wilson's Water Cure establishment at Malvern, England. Her disease was consumption.—*Exchange paper.*

We hope, at a future time, to obtain from every Water-Cure establishment in the United States statistics, showing the exact number of cases, as well as the various diseases treated, during each succeeding year. Such reports should be made up annually, and given to the world.

DISTINGUISHED MEN ALWAYS HARD WORKERS.—“When we read the lives of distinguished men in any department, we find them celebrated for the amount of labor performed. Demosthenes, Julius Cæsar, Henry the Fourth of France, Lord Bacon, Sir Isaac Newton, Franklin, Washington, Napoleon, different as they were in their intellectual and moral qualities, were all renowned as hard workers. We read how many days they could support the fatigues of a march; how early they rose, how late they watched; how many hours they spent in the field, in the cabinet, in the court; how many secretaries they kept employed; in short, how hard they worked.”

Let no youth flatter himself that he can succeed in any undertaking, or rise to eminence in any employment, without persevering labor, temperate habits, and special care of his physical constitution.

PROCEEDINGS

OF THE

AMERICAN HYGIENIC AND HYDROPATHIC ASSOCIATION

OF PHYSICIANS AND SURGEONS, AT THEIR SECOND ANNUAL MEETING, HELD AT HOPE CHAPEL, NEW YORK, ON FRIDAY, MAY 9TH, 1851.

PURSUANT to public notice, the second annual meeting of *The American Hygienic and Hydropathic Association of Physicians and Surgeons* was held at Hope Chapel, New York, on Friday, May 9th, 1851. The President, Vice Presidents, and Secretary, being absent, the convention was called to order at 10¹/₂ A. M., by the Treasurer, Dr. R. T. TRALL. Dr. WILLIAM A. HAMILTON, of Saratoga, was then elected President *pro tem.*, and Dr. R. S. HOUGHTON, of New York, Secretary *pro tem.* Upon calling the roll, it appeared that the following members were present:

WILLIAM A. HAMILTON, M.D., of Saratoga, N. Y.
BUTLER WILMARTH, M.D., of New Græfenberg.
N. BEDORTHA, M.D., of Troy, N. Y.
JOEL SHEW, M.D., of New York city.
R. T. TRALL, M.D., New York city.
JOSEPH A. WEDER, M.D., of South Orange, N. J.
SETH ROGERS, M.D., of Worcester, Mass.; and
R. S. HOUGHTON, M.D., of New York city.

There were also in attendance, CLEMENT B. BARNETT, M. D., of Binghamton, N. Y.; C. C. FIELD, M. D., of Leominster, Mass.; Dr. WILLIAM E. ROGERS, of Crystal Lake, Susquehanna county, Penn.; Dr. C. K. BROADBENT, of Providence, R. I.; and several others whose names were not ascertained.

On motion of Dr. HOUGHTON, the following was adopted as the *Regular Order of the business of the Convention*:

1. Call to order by the President.
2. Call of the Roll by the Secretary.
3. Reading of the Journal of the last preceding meeting.
4. Report of the Treasurer.
5. “ “ Committee on Hygiene.
6. “ “ “ Hydropathy.
6. “ “ “ Credentials and

Qualifications.

8. Election of new members.
9. “ “ honorary “
10. “ “ officers for ensuing year.
11. “ “ standing committees.
12. Collection of dues from members.
13. Extraordinary business (if any).

The Journal of the first annual meeting of the Association was then read by the Secretary; after which the Treasurer's Report was presented, as follows:

REPORT OF THE TREASURER.

The Treasurer of the American Hygienic and Hydropathic Association of Physicians and Surgeons, at the close of his term of office, respectfully submits the following report:

The receipts on account of the Association have been as follows, from the 19th of June, 1850, up to the present date:

Members' Dues.	
From Lowrey Barney, M. D.,	\$2 00
“ Joel Shew, M. D.,	2 00
“ T. L. Nichols, M. D.,	2 00
“ R. S. Houghton, M. D.,	2 00
“ S. O. Gleason, M. D.,	2 00
“ Levi Reuben, M. D.,	2 00
“ Hubbard Foster, M. D.,	2 00
“ Henry Foster, M. D.,	2 00
“ William A. Hamilton, M. D.,	2 00
“ Butler Wilmarth, M. D.,	2 00
“ N. Bedortha, M. D.,	2 00
“ Joseph A. Weder, M. D.,	2 00
“ C. C. Shieferdecker, M. D.,	2 00
“ T. C. Coyle, M. D.,	2 00
“ Seth Rogers, M. D.,	2 00
“ R. T. Trall, M. D.,	2 00

Total receipts, \$32 00

The expenses of the Association during the same period have been as follows:

For rent of Hope Chapel, June 19th, 1850, . .	\$18 00
“ advertising previous to “ “ “	2 00
Total expenses,	\$20 00

Balance in the Treasurer's hands, \$12 00

Your Treasurer has also to state that, on the 19th of June, 1850, the sum of eight dollars was paid to Dr. Houghton, Treasurer *pro tem.*, as members' dues, by C. K. Broadbent, Lovias D. Towseley, F. W. Meyer, and W. P. Collins. Inasmuch as the question of the eligibility of these gentlemen to mem-

bership in the Association was one which the Treasurer *pro tem.* was not competent to act upon, he felt it to be his duty to report the facts in the case to the Committee on Credentials and Qualifications, and to deposit in their hands the before-mentioned sum of eight dollars, subject to the decision of the case to be made at the second annual meeting.

All of which is respectfully submitted.

R. T. TRALL, *Treasurer.*

New York, May 9th, 1851.

On motion, the report was accepted.

Dr. HOUGHTON, from the Committee on *Hygiene*, then read a Report, which, on motion, was accepted, and ordered to be published.

The Committee on *Hydropony* failed to report.

[At this stage of the proceedings, Dr. SHEW, by request, read portions of a letter from Dr. T. CARLETON COYLE, of Georgia (a member of that Committee), regretting his inability to be present, and expressing the hope that the Association would fully maintain the high ground it had occupied at its first annual meeting.]

The Committee on Credentials, not being quite ready to report, were, on motion, allowed further time.

On motion of Dr. BEDORTHA, it was *ordered* that a Committee of three be appointed by the chair to nominate officers for the ensuing year. The chair appointed Drs. BEDORTHA, TRALL and SHEW. After retiring for deliberation, the Committee reported the following names:

For *President*,—BUTLER WILMARTH, M.D.

For *Vice-Presidents*, { E. A. KITTREDGE, M.D.
JOEL SHEW, M.D.

For *Secretary*,—R. S. HOUGHTON, M.D.

For *Treasurer*,—N. BEDORTHA, M.D.

The question being taken on each name separately, all the nominations were unanimously confirmed by the Association.

On motion, it was then *ordered* that a Committee of three be appointed by the chair to nominate Standing Committees for the ensuing year. The chair appointed Drs. WILMARTH, ROGERS, and WEDER, who, after retiring, reported the following names:

For Committee on	{	WM. A. HAMILTON, M.D.,
Hygiene.	{	HUBBARD FOSTER, M.D.,
	{	LEVI REUBEN, M.D.
For Committee on	{	SETH ROGERS, M.D.,
Hydropony.	{	HENRY FOSTER, M.D.,
	{	CHARLES MUNDE, M.D.
For Committee on	{	R. S. HOUGHTON, M.D.,
Cred. and Qual.	{	JOSEPH A. WEDER, M.D.,
	{	S. O. GLEASON, M.D.

The nominations were unanimously confirmed by the Association.

Dr. SHEW, from the Committee on Credentials and Qualifications, then read the following letter:

NEW YORK, June 19th, 1850.

To JOEL SHEW, M.D.,
W. A. HAMILTON, M.D.,
N. BEDORTHA, M.D., }

Committee on Credentials and Qualifications of the American Hygienic and Hydroponic Association of Physicians and Surgeons.

GENTLEMEN:

At the close of the meeting of our Association, this day held, and during the collection of the

members' dues, the sum of two dollars was paid to me by each of the following gentlemen:

Dr. C. K. BROADBENT, of Providence, R. I.

Mr. LOVIAS D. TOWSLEY, of New York City.

Mr. F. W. MEYER, of " "

Mr. W. P. COLLINS, of North Providence, R. I.

Inasmuch as Dr. BROADBENT himself raised the question of his eligibility to membership, on the ground that he was not a graduate or licensed "physician and surgeon," although at too late a stage of the proceedings of the Convention for his case to be acted upon conclusively; and inasmuch as the three remaining names were not upon either the call for the Convention, or upon the roll called this day; and lastly, inasmuch as the Constitution of our Association refers to your Committee all questions connected with the credentials and qualifications of its members, I have felt it to be my duty to enclose to you the amount of the fees paid to me by the four gentlemen above-named, accompanied by this statement, and to request you to report on the subject at the next annual meeting.

Respectfully, yours,

R. S. HOUGHTON, M.D.,

Acting Treasurer.

In behalf of the committee, Dr. SHEW reported, that the four gentlemen above-named did not possess the necessary qualifications for membership.

On motion of Dr. TRALL, the report was unanimously concurred in by the Association.

Dr. SHEW, in behalf of the same committee, reported favorably on the following nominations for membership:—CLEMENT B. BARRETT, M. D., of Binghamton, N. Y.; and C. C. FIELD, M. D., of Leominster, Mass.

On motion, the report was concurred in, and Drs. BARRETT and FIELD were declared to be duly elected members of the Association.

Dr. SHEW, in behalf of the same committee, then proposed the following gentlemen as honorary members:—Dr. C. K. BROADBENT, and Messrs. L. D. TOWSLEY, F. W. MEYER, and W. P. COLLINS. The vote being taken, the chair decided that the gentlemen were duly elected honorary members.

Dr. BROADBENT declining an honorary membership, on motion of Dr. TRALL, he was granted leave to withdraw; and the sum of two dollars having been refunded, Dr. Broadbent accordingly withdrew from the convention.

On motion, the following were also duly elected honorary members of the Association:—Dr. WILLIAM E. ROGERS, of Crystal Lake, Susquehanna county, Penn.; Mr. WILLIAM T. VAIL, of Blooming Grove, Orange county, N. Y.; Mr. SAMUEL T. WOODWARD; Mrs. MARY S. GOVE NICHOLS, of New York city; Mrs. S. O. GLEASON, of Ithaca, N. Y. and Mrs. L. N. FOWLER, of New York city.

On motion of Dr. TRALL, the Secretary was directed to furnish a copy of the proceedings of the Association, and of the Report of the Committee on Hygiene, for publication in the *Water-Cure Journal*.*

The amendment of the Constitution proposed at the first annual meeting (namely, to substitute

* NOTE. The Report of the Committee on *Hygiene* will appear in full in our July number.

Publishers of the Water-Cure Journal.

"or" for "and" in the second section, so that it should read "or who shall exhibit," etc., etc.), was then called up, and after a few remarks from Drs. WILMARTH and SHEW, put to the vote and *rejected*—receiving only one vote. So the section remains unchanged.

On motion of Dr. HOUGHTON, it was *ordered*, that each member of the Association be requested to transmit to the Chairman of the Committee on Hydropony (Dr. SETH ROGERS, of Worcester, Mass.), before the next annual meeting, a full report of a case treated under his own supervision, embracing the principal details of the diagnosis and treatment; to the end that the various cases so transmitted might be incorporated in the Report of the said Committee on Hydropony to be presented at the next annual meeting.

On motion, the Secretary was directed to prepare a copy of the Proceedings of the Convention, together with the Report of the Committee on Hygiene, Constitution of the Association, List of Officers and Standing Committees, etc., etc., for publication in convenient pamphlet form; and authorized to draw on the surplus funds in the Treasurer's hands, to defray all necessary expenses of such publication.

On motion, the Association then adjourned until 7½, P. M.

EVENING SESSION.

Public Meeting.—On re-assembling in the evening, it appeared that Dr. S. O. GLEASON, of Ithaca, the Orator-elect, and Dr. NICHOLS, of New York, his substitute, were both absent. Dr. WILMARTH, of New Graefenberg, the President-elect, then came forward, and after announcing the fact to the audience which had gathered for the occasion, proceeded to entertain them for a short time with an account of his twenty years' experience of the Allopathic, and his four years' experience of the Hydroponic practice. Remarks were also made by Drs. SHEW, TRALL, HAMILTON, and others; after which the public meeting was dissolved.

The members of the Association remained in session a short time longer, for the purpose of completing their business. Dr. WILLIAM A. HAMILTON, of Saratoga, was elected Orator for 1852, and Dr. N. BEDORTHA, of Troy, substitute. It was then suggested, and informally agreed to, that the members of the Association correspond with each other, in due time, with reference to the time and place of holding the next annual meeting, with the view to ensuring a more general attendance.

On motion, the Association then adjourned *sine die*.

Attest:

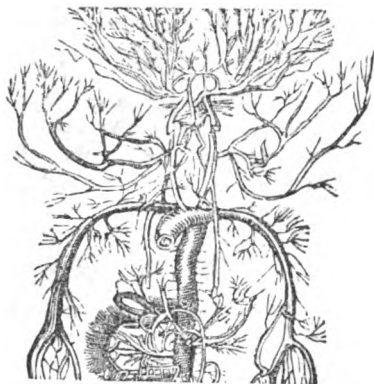
ROLAND S. HOUGHTON, M. D.,
Secretary.

THE HORRORS OF ALLOPATHY.—A correspondent writes from Arkansas:—

"In a former letter I informed you of the loss of my *whole family*, wife and two children, under allopathic treatment, and that both my children begged for Water treatment. Till within a few weeks of their taking the congestive fever, they had been accustomed to almost daily bathing, and had been remarkably healthy. But though the doctor, reputedly the most skilful in this region, altogether prohibited bathing, yet, since their death, in the case of one of my scholars, in severe fever, the same physician recommended bathing, and that child lived."

PHYSICAL EDUCATION, NO. V.

BY T. ANTISELL, M.D.



THE necessity for physical education is pre-eminent in large cities: not merely to call into action undeveloped muscles or to counterbalance the undue employment of a special portion of the body, but also to prevent the injurious effects arising from an overtaxation of the nervous system. The occupations of men in large cities do not enjoin a sedentary habit only, but there is accompanying the latter, in the majority of instances, an amount of intellectual labor called into play to an extent that is not always rightly estimated. And if to this source, which in itself is a sufficient cause to produce a diminished condition of health, we add others which are to a great extent accompaniments of city life, such as unusual fits of ambition, close mental application to particular subjects for weeks together, public discussions either written or oral, or long-continued anxiety for the subsistence and welfare of self and family, there are formed a catalogue of causes of disease seldom found in country life. The constant mental occupation of a professional man, for hours together chained to his desk, evolving and continuing links of thought with wondrous rapidity, apparently produced without effort, but really the result of training and severe discipline of years, must, if not antagonized, result in the disorganization of the organ worked. The amount of mental activity necessary to form ideas rapidly, is often not perceived by the individual; but to the careful observer it is evident in the set features and greater pallor, the general anxiety in the countenance and an expression of fatigue. The blood rushes from the surface of the face, and it is collected in an increased quantity upon the brain, the head becomes much hotter, while the feet, hands, and other portions of the body become cooler. This in itself is an indication of where, and to what extent, labor of the system is going on; for when any organ is performing its allotted function, there the blood flows in abundance.

This increased circulation, which is true in cases of muscular exertion, holds equally good in nervous action; when the blood flows in unusual quantity upon the brain, as in cases of what is called *active congestion* and *determination of blood*, and even in that organ there are many signs of increased action of the part. Thus, in such diseases, there is great acuteness of sensation, unusual activity of the mental functions, and a rapid flood of ideas of a brilliant and exciting character. Now when the blood is circulating through an organ

these changes are going on, new parts are formed and deposited out of the blood, and *old parts removed*, and in the brain there is constantly being removed, in health, portions of its substance, and this quantity is increased when the brain is over-taxed. It thus appears that the activity of the nervous system depends upon a process, not of development or nutrition, but of disintegration or destruction: it is manifest this state of parts could not long be sustained without an interval of repose, in order that the brain may undergo a reparative process; and the more powerful and rapid the activity may have been, so will the period of repose have need to be longer. Those portions of the nervous system which are in a state of moderate activity, even though it be constant, such as those which move the muscles of respiration, do not need any special period of repose, the constant nutrition of the arterial blood being sufficient to supply the waste consequent on exertion. But these parts, such as the organs of thought, require, after exertion, periods of repose. This is indicated by the sense of fatigue following mental abstraction, and the tendency to sleep produced by protracted thought. In ordinary cases the night's sleep makes up the necessary repose of the past day; but it is not sufficient when extraordinary demands are made upon the brain either by intense application to a train of thought, or by anxiety; and in such instances larger amounts of sleep are required, or a cessation of thought of an abstract character. Hence it appears that different people require different amounts of sleep (or repose for the brain), dependent either upon different degrees of mental exertion, or perhaps to produce a similar amount of exertion in different individuals.

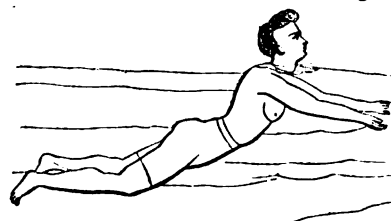
The heart and the brain are united to each other by a very strong bond of connection; the continual flow of blood, circulating along the arteries of the head, is absolutely necessary to the preservation of life; if interrupted for even an instant, the person is killed. The amount of activity of this circulating medium determines, to some extent, the energy of the brain. If the waves of blood transmitted from the heart, pass slowly over the brain, mental energy rarely exists in that organ.

The illustration, heading the article, serves to convey an idea of the connection spoken of as existing between heart and brain; two large arteries may be seen rising from the center of the great blood vessel (*aorta*), and passing up along the neck to subdivide into the minute network of blood-vessels, which go to supply every convolution of the brain, and all parts of its coverings.

But it is not merely necessary that the blood should flow in quantity, but its quality also should be of that kind that is capable of supporting continued action. Bright, arterial, well organized blood is absolutely requisite. It must have been well aerated in the lungs, by which it may have taken up its proper quantity of oxygen from the atmosphere, so useful in removing the effete particles of the organ supplied, and in conveying the fresh materials for building up new parts to supply the deficiency caused by those wasted and removed. Hence the connection between the heart and the brain, between the lungs and the heart, and between the air and the lungs. The air must be pure, the lungs must distend sufficiently to re-

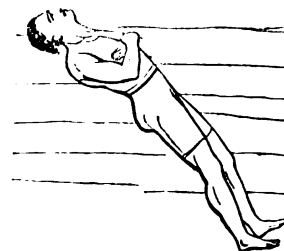
ceive their due portion, and to accomplish this, occasional exercise is required. In sleep the blood is not well aerated, although the acts of inspiration and expiration are carried on; too slowly, however, to sustain life or thought in any active manner. For healthy thoughts, and an active flow of ideas, exercise is needful, and the gymnasium, in a city, affords means for this which, otherwise, to many would be unattainable.

The exercises for the man who works his brain much, should be chiefly those which exercise his chest and arms; of these *swimming* stands in the first rank, on account of its many advantages; putting aside the view of it as a means of self-preservation, as a sanitary means it has many beneficial effects. It develops the action of the muscles; if in salt water, it brings into contact with the skin the stimulant salts of the sea, such as the Iodides and Bromides of magnesium, which are powerful tonics and promoters of absorption when applied in that way. Superficial sores and cutaneous exhalations are removed, and loose scales of skin more rapidly extracted; by the sudden application of the cold to the surface, the blood is, for a short time, repelled inwards, again to rush to the cutaneous surface with increased energy; producing the ruddy glow which always follows moderate immersion in cold water. Swimming has an additional advantage over bathing in this, that it is accomplished by an amount of active desire, of pleasurable gratification unknown in the taking of a mere bath; thus the reaction afterwards is greater and more beneficial to the system at large.



From the accompanying cut it may be seen that in swimming the spine is bent with the arch backwards, and thus the chest is more dilated, and able to take a larger inspiration; the action of the arms and the muscles attached to the ribs drawing out these bones and enlarging the capacity of the thorax.

The sea is always the fittest place to swim in, the water being warmer, stronger, or more buoyant, and more beneficial in giving tone to the system. Next in order comes river, or running water, and last of all ponds or small lakes. The water of these, except when very shallow, is almost always cold, and produces, if long remained in, a great degree of exhaustion, consequent on an over-exertion on the part of the swimmer, to keep the body supported at the surface; in sea water



the whole head will be kept buoyed above the

surface level, while in fresh water the buoyant force is so much less that the body sinks in the water until the surface level is more than one inch above the eyes when the head is kept erect. In order to breathe, it is necessary to throw the head far back, when the mouth and nostrils, by that expedient, are brought a little above the water's edge.

There is no particular period of the day more eligible than the other for sea or other bathing, except that it be not during the fall of rain, for then the water is continually kept cooler than agreeable, and the skin is chilled slowly before entrance, and cold may be caught. It is improper to bathe immediately before a meal, for the reason assigned in a former communication, when speaking of the impropriety of exercise before meals. The constitution of the majority of city people cannot bear so sudden a shock when the stomach is empty. It acts like a powerful sedative, and hardly any reaction follows. The prepossession in favor of bathing before breakfast is deep rooted, but as a practice it is calculated to do more harm than good. It is equally improper to bathe immediately after a meal: for the blood which is required to flow toward the coats of the stomach, would be drawn to the skin's surface by the bath, and incomplete digestion, or an arrest of the process, would be the result. Hence the periods between complete fullness and total emptiness of the stomach, are the suitable times to bathe. Dr. Combe suggests two or three hours after a meal; but as this narrows the opportune time for bathing very much—perhaps the latter might be extended to the period of three hours between meals—that is, not *sooner* than one full hour after a meal, and not beyond four hours after a meal. Many believe that the taking of baths, cold bathing especially, is a matter of course, that it may be indulged in when instinctively desired, and form but little if any conception what a powerful remedy it is for good, or equally powerful producer of disease when carelessly employed. Dr. Combe's observations on this point are valuable: "When the health is good, and the bodily powers sufficiently vigorous, the cold bath during summer, and the shower bath in winter, may serve every purpose required from them. But it should never be forgotten that they are too powerful in their agency to be used by every one, especially in cold weather.



In proportion as cold bathing is influential in the restoration of health, when judiciously used, it is

hurtful when resorted to without discrimination." On this account bathing should not be repeated too frequently, nor too long continued immersion at one time.

The exercises with the suspension bar, whether in a gymnasium or at home, are of the most valuable kind to the sedentary, as affording a large amount of exercise to the muscles of the chest, abdomen, arms and legs; the gymnast practicing first, suspension of the body with both hands, then with the right hand, and after with the left; then learning to suspend the body with crossed arms, and to raise the head above the bar, and to suspend the body by the bend of the arm, are perhaps sufficient exercises for the upper extremities.

The preceding cut illustrates the suspension of the body from the bar by the elbow; it should be one of the latest of the exercises learned, and is a powerful means of developing the muscles of the chest and arms, and of dilating the capacity of the former.

When sufficient vigor has been given to the muscles of the chest and arms by these exercises, that of leaping with poles may then be practiced, both leaping forward, upward, and downward.



The above illustrations of this exercise, taken from J. E. d'Alphonse's "Instructions in Gymnastics," show exceedingly well the value of this exertion in fixing the muscles of the arms and upper part of the trunk rigidly, while the lower limbs are in activity.

HYDROPATHY VS. ALLOPATHY.

BY E. B. THOMAS, M.D.

REGARDING the prevention and removal of physical suffering as intimately connected with the happiness and well-being of every member of community, we feel it our imperative duty to state to the public the reasons which have induced us to voluntarily adopt the Water-Cure system of practice, in opposition to early instruction and prejudices. In our present article we shall confine ourselves to a consideration of some of the objections to Allopathic practice.

In tracing the progress of the healing art, there is opened, to the mental vision of the medical student, an arena, in which has been enacted some of the most striking scenes connected with the rise and progress of any art or science. Change is indelibly written upon every period of its history.

This constant mutation, this prevailing disposi-

tion, on the part of medical men, to overthrow old systems and erect new ones upon their ruins, is manifestly the result of such contradictory views entertained by different members of the profession upon all subjects directly connected with the practice of medicine; thereby showing, most conclusively, that all systems were founded without the pale of truth. Let any one study the history of medicine, the various theories which have from time to time been in vogue, and he will search in vain for one well-attested fact for many centuries after it was recognized as, and elevated to, the dignity of a science.

From the days of Galen to near the close of the eighteenth century, its history shows, in a most forcible manner, how far the follies and caprices of the human mind may blind the perception and warp the judgment of men engaged in the investigation of great and important subjects, whose only object *should* be to ascertain the truth. Ambition, avarice, and superstition have, each and all, occupied a prominent position in attempts at establishing all theories which were thrust before the public, with greater or less pretensions, during the lapse of so many dreary ages.

Notwithstanding we are frequently assailed by the syren song—"Ours is the only system which has any legitimate claims upon the confidence of the public; it has stood the test of ages"—we might here introduce almost any amount of evidence, from ancient and modern writers, to prove this assertion wholly gratuitous. There are, it is true, certain *indications* to be fulfilled in the treatment of disease, concerning which there has been a tolerable degree of uniformity of opinion—as inflammation requires depletion—but in regard to the manner of fulfilling these indications, there is not now, nor has there ever been, any agreement amongst the members of the profession. There is a material difference between an agreement in regard to the object to be accomplished, and the means used for its accomplishment. The editor of the British and Foreign Medical Review, speaking upon the uncertainty and changing character of medicine, makes the following remarks: "And amid all these changes, often extreme and directly opposed to one another, do we not find these very diseases, the subject of them, remaining, with some exceptions, still the same in their progress and general event? Sometimes, no doubt, we observe changes in their character and event, obviously depending on the change of treatment; and alas! as often for the worse as for the better. This comparative powerlessness and positive uncertainty of medicine is also exhibited in a strong light when we come to trace the history and fortunes of particular remedies and modes of treatment, and observe the notions of practitioners, at different times, respecting their positive or relative value. What difference of opinion; what an array of alleged facts, directly at variance with each other; what contradictions; what opposite results of a like experience; what ups and downs; what glorification and degradation of the same remedy; what confidence now, what despair anon, in encountering the same diseases with the very same weapons; what horror and intolerance at one time of the very opinions and practice which previously and subsequently are cherished and ad-

mired!" Touching this question of antiquity, Professor L. M. Whiting, of Mass., says: "Cullen knew nothing, or next to nothing, about the organs in their physiological condition; much less did he know of their condition in a pathological state. From him, therefore, we get no more light on the grand question, What constitutes disease? than we do from Hippocrates, Galen, Boerhaave, Brown, Darwin, and all indeed who either preceded or followed him, until within the last half century, and that amounts to just nothing at all that is satisfactory to the inquiring mind." In regard to the present condition of medicine, Dr. Forbes says: "Things have arrived at such a pitch that they cannot be worse. They must mend or end." Thus we have the testimony of eminent men that the ancients knew nothing of disease, and moderns are not in possession of any data sufficient to satisfy an inquiring mind; while another declares they must reform or die. Again, the celebrated John Mason Good observes: "The science of medicine has been cultivated for more than two thousand years: the most devoted industry and greatest talents have been exercised upon this subject; yet upon no subject has the wild spirit of imagination been more widely displayed than in the history of medicine."

A lamentable condition this, truly; and we trust, after such admissions and confessions from these eminent men, we shall not be considered fit for annihilation for repudiating our "ancient mother." Within our own recollection mercury was considered a specific in syphilis, and whoever had the independence to dissent from the common doctrine of the day, was considered a madman or idiot; yet experience of the last few years has demonstrated the fallacy of the opinion. Many cases are not only not benefited, but are remarkably inveterated. The experiment of the head surgeon of the British army proves it unnecessary, to say the least; he having treated two thousand cases, half with mercury and the other half by attention to diet, air, and exercise, with due regard to cleanliness, omitting *all* medicines, and as large a proportion of the latter recovered as of the former.

Not many years have elapsed since blood-letting was considered indispensable in inflammations of the lungs and pleura, and yet it is certain these diseases yield to different treatment much more readily. A few years since, all grades and types of fevers were treated with mercury, and the patient was not considered safe till he was salivated. This homicidal practice too, has, in a great measure, gone into disrepute by the better class of practitioners, it being followed only by a class of men who practice upon their capital acquired some twenty or thirty years since, and ignorant of later improvements.

Another strong argument against drug medication may be drawn from the fact, that men of enlightened views and large medical experience have but little confidence in it, and rely principally upon the powers of nature, seldom resorting to active medication with their patients, and taking it themselves, *never*. In fact, it may be laid down as a general rule, that persons have confidence in medicine just in proportion to their ignorance. Prof. Waterhouse, after lecturing in Harvard university for more than a quarter of a century, retired saying, "I am sick of learned quackery."

In a memoir of Dr. Nehemiah Cleaveland of Salem, Mass., who died at the advanced age of eighty, written by Dr. Pierson, the author declares that to the end of his life, in opposition to the wishes of friends and physicians, he declined, almost entirely, those narcotics which were calculated to relieve his sufferings, "lest they should deaden his moral and intellectual sensibilities"—afraid of the most common remedies, prescribed during a long life, for palliating the symptoms of all incurable chronic diseases!

Perhaps the strongest argument against the ordinary practice of physic is found in the *sequela* of disease. Why is it that an ordinary attack of simple inflammatory fever should be followed by months, or even years of suffering, to terminate perhaps only with life itself? Why do we see so many cases of "chills and fever" cured, yet leaving the patient with dyspepsia, or spinal irritation, or perhaps both, so fashionable in our day. A very intelligent gentleman told me his sister applied to the venerable and celebrated Professor Dudley for treatment of spinal disease, and was informed by him that her disease was caused by being badly cured of chills and fever. I am credibly informed that when typhoid fever first made its appearance in a certain city in this state, a large percentage of its subjects died of the disease; and a still larger proportion, who survived the immediate influence of the disease, died of *consumption*. This continued to be the case until the physicians said they could do nothing for it, and advised their patients to rely upon nursing; since which time the number of fatal cases have immensely decreased.

The most satisfactory answer to these questions is found in the principles upon which medicine is administered for the cure of disease. Professor Payne, the leader of an influential and powerful school of physic in this country, says: "In respect to the absolute influence of all remedial agents of positive value, they are essentially morbid in their remedial action. They are alterative in disease as in health in respect to the vital properties and actions. In certain remedial quantities many may induce, in the healthy organism, various degrees of disease, with as much certainty as those agents which are called morbid." And again: "In the treatment of disease we do but substitute one disease for another."—*Institutes*, page 542. Hence the old adage: "A sick man must be worse before he is better." Whatever it may have originated in, it is a fact, so often observed, that the non-professional usually regard the first visit of the physician as a prelude to suffering and misery.

I have often asked my patients why they did not send for me sooner—before they became so much diseased; and the most frequent reply has been, "Because, doctor, I could not bear the thoughts of being sick;" as though, forsooth, the business of the physician was to make, instead of prevent, disease. What a withering rebuke does this simple remark contain to all the pompous pretensions of *Scientific Medicine*! We find diseases, which are removed without the agency of drugs, seldom leave behind them such tangible evidences of their destructive power. May we not infer from this that a system consonant with, and founded in a knowledge of physiological laws, should be equally innocent? We find nothing in the consti-

tution of the human organism that precludes restoration to health, even after serious disease; but on the contrary, there is a powerful recuperative principle always on the alert, to repel and overcome the enemy of her citadel.

Montaigne informs us that he had the patronage of a benefice at the foot of one of the Gascon mountains, where the inhabitants lived in a manner peculiar to themselves, having neither lawyers nor doctors, and yet settling their disputes and curing their diseases without foreign aid. At length a disciple of Æsculapius took it into his head to marry one of the village maidens and settle in their midst. Up to this period they knew no other means of curing disease than by the use of garlic, and yet were remarkably free from chronic diseases. The author tells us that soon after this they found the winds of autumn less congenial to health than those of spring; and exposure to the dew gave them headache, and after taking the doctor's medicines they were beset by a legion of diseases to which they were before strangers. In a conversation once with an allopathic physician, in regard to the success of the Homœopaths, he acknowledged their general success superior to his own sect, but said it was not the medicine, but the *absence* thereof that performed the cure; accounting their minute globules equal to nothing, the patient had a fair chance of recovery. Every medical man of any considerable experience, must have seen patient after patient hustled away to their long resting place, who might have recovered but for the interference of art. This is seen particularly in low forms of fever, and in the metastases of various diseases, as inflammation of the lungs and various exanthemata; the success in these cases being in direct ratio to the diminution of the quantity of medicine.

I have seen many cases of the severer forms of typhus recover without other treatment than attention to cleanliness, air, and diet; and that too without the dreadful *sequela* so justly dreaded. Again, I have seen cases of simple bilious fever treated by *salivating* the patient with some mercurial preparation; and, *presto!* the bilious was *typhoid*, and the patient lingered out a few days or weeks, it may be, of indescribable misery, and died. I have seen others taken with similar symptoms, and quite as severe, relieved, by the use of water, in forty-eight hours. This, of itself, goes far to prove that medicine is not *essential* in the cure of disease; but still further evidence is found in, 1st. The treatment of disease by rude and uncivilized nations, ignorant of medical science; their treatment consisting, in many cases, of magic charms, amulets, incantations, &c. 2d. The many cases recorded by medical men, during the early days of medicine. 3d. In the expectant system, many cases of recovery from the graver diseases are recorded; and this system consists, essentially, in doing nothing by way of medication. 4th. The legion of quack medicines which have flooded this and other countries for the last fifty years, during the use of which, almost all diseases have disappeared. We cannot, for a moment, suppose that whisky and molasses, scented with *sassafras*, and sold under the specious guise of *sarsaparilla*, can cure such a multitude of diseases as many people imagine, and yet *many* must have disappeared

during its use, or sufficient customers could never have been found to pay immense fortunes to the manufacturers. 5th. The large number of diseases which eminent observers in medicine have recorded, in which inert substances were purposefully employed to test the powers of nature. Dr. Forbes, before quoted, says he treated a large number of diarrhoea cases, one half on bread pills and the other on a course of orthodox physic; and "it puzzled me sadly to tell which got along the best."

PHYSIOLOGY IN SCHOOLS—PROGRESS OF PUBLIC SENTIMENT.

A FRIEND has placed on our table a report of "The Committee on Education" to the Legislature of Massachusetts, on the subject of the purchase of anatomical diagrams, for the use of common schools, bearing date March 18th, 1851. The majority of the committee report adversely to the petitions. The committee acknowledges that more than eighty petitions have been presented on this subject, most of them signed by school committees and selectmen; and yet, after a lengthy effort at argument, they gravely decide against it. The majority doubts whether, out of 3748 public schools, a hundred teachers can be found qualified to teach Physiology. This, in our opinion, is a reason amply sufficient to warrant the introduction of the study. If teachers are so ignorant of the laws which govern health and life, they should be compelled to learn it with their pupils. No person is well qualified to have the charge of the young, who is so ignorant of the first principles of physical law. The majority could not have used a worse argument for their cause. If 3650 teachers in Massachusetts are thus destitute of this important branch of knowledge, it is time they had an opportunity to study it. The majority hint that this study should be neglected for those "having a stronger demand upon the attention." We would express our unqualified condemnation of the purblind tissue of conservative stupidity of the majority report, had we not a searching minority report, which does the subject and the majority ample justice. We make a few extracts, which we commend to the friends of truth, health, and right education, everywhere. We are glad that this subject is receiving attention in that State which is behind none in the Union in education.

"The public mind is becoming more and more aroused to the vast importance of the science of Physiology,—and parents have just made the grand discovery, that their children have *bodies* as well as minds, and that these bodies need *education*. In the opinion of the minority, no business of equal moment will come before the Legislature during the present session, with that of the proposed introduction of Anatomical Diagrams into the common schools,—and it is believed, that if a liberal appropriation is made for their purchase, the general constituency of this body will say, *Amen*. The minority rejoice that the concurrent report even of a large majority of the committee, cannot foreclose the judgment or action of either branch. There seems to be a discrepancy between the faith and practice of the majority, who acknowledge they *believe* in the great utility of the

study of Physiology, and yet inexcusably refuse to obey the entire command, which is "believe and be baptized."

Such was the deep and lively interest felt in the science of Physiology, *last winter*, that the Legislature enacted a law, requiring a knowledge of this study in all candidates for teacherships.

It may not be improper to state that a professional gentleman has offered to supply each of the three thousand school districts in the State, with a set of six perfect anatomical diagrams, and a portfolio, at the exceedingly low price of *one dollar*! The question then arises, would the introduction of these plates into the public schools, be beneficial? The minority do not hesitate to answer affirmatively.

Physical education, it is believed, has been most wickedly neglected. It is a melancholy statistical fact, that nearly one half of the human family die before they reach the age of seven years,—and it cannot admit of a doubt, that our imperfect educational system is the principal cause of this dreadful mortality. Yes, ignorance on the part of parents and teachers, of the principles of physiology,—the simple laws of health and life,—is the cause of more deaths, annually, than intemperance, war and pestilence. The mind and body, like twin sisters, should be trained and educated together,—go hand in hand, in harmonious union. The education of children is commenced wrong, continued wrong, and ended wrong. The usual order of instruction is as follows, viz:—1. Religious; 2. Moral; 3. Intellectual; 4. Physical. Now this ought to be exactly *reversed*—for children should be first taught the mechanism and physiology of their bodies, which would direct their young minds to their Creator, far better than arguments on the questionable necessity of infantile regeneration. Rather let the mind remain a *blank*, than make it dyspeptic, by prematurely feeding it with unintelligible dogmas. To educate the mind regardless of the body, is like building a house without a foundation.

The minority most sincerely believe, that physiological knowledge is, to the young, paramount to all other knowledge, of whatever name or nature,—for it explains those simple laws of health, the violation of which, is the cause of great suffering, from the cradle to the grave,—the cause of deformities, spinal complaints, disease and death.

Some say, the science of physiology will do to be taught in the higher seminaries, but not in our common schools. Where then are the masses of the people ever to get any knowledge of the laws of health and life, since they receive their whole education in these institutions? The only capital which most of the young men in Massachusetts have to start with in life, is their muscular arm and strong body—then, in God's name, let them not be robbed of their sacred rights. Let us make our public schools, which are so much behind the wants and light of the age, what they ought to be. Let us so foster them that they shall eclipse academies and private institutions, which, like so many *cancers*, are eating out the very vitals of our common schools.

It is believed, the appropriation for the object in question, would eventually add greatly to the

pecuniary resources of the State, by raising up *able bodied* men and women,—by causing the next generation to come up, greatly improved, physically and intellectually.

The study of Physiology, illustrated by anatomical diagrams, would save thousands of young ladies from premature graves, by convincing them of the injurious effects of tight clothing and tight lacing. Consumption, which is slanderously fattered upon our climate, is caused in many instances by the prevailing ignorance touching the simple laws of health.

When a knowledge of Physiology and Hygiene shall become generally diffused, it will relieve the community of heavy doctor's bills, and perhaps in time do away entirely with the medical profession. Unnatural positions of the body, exercise, vitiated air, food and raiment, are intimately connected with the health and happiness of the young,—and yet parents do not trouble themselves about these matters, till they observe the pallid cheek and hear the daily cough, when they send too late for the physician, wondering why their children die so young.

The majority contend that the time has not come to introduce this study into the common schools of Massachusetts, forgetting that the last Legislature passed a wise law,* requiring a knowledge of this useful science in all who offer themselves as teachers. This is indeed *progressing backwards*.

With the full conviction, that the hour has come for the introduction of human physiology into our common schools, and believing the adoption of the conservative report of the majority of the committee, would virtually *nullify* a judicious law, passed by the last Legislature, requiring a knowledge of this science in teachers of the public schools, the minority recommend that the prayer of the petitioners be granted."

AN AUTOBIOGRAPHY.

CHAPTER V.

TIME makes all things even. The rich and the poor, the servant and his master, the lord and the peasant, all find at last a common level. Time makes the green wither and then rotten. Death saps the vigor and the strength of the strongest. His arrows are sharp, as Time's scythe is keen. Between them, at the last, man is a victim. Time did his work with me, as with all, for he lifted me from a child into youth, a stirring lad, quick to perceive, and apt to do. I was taken out of school, and put on to my father's farm. It was a glad day for me. *Work* was nothing but *play*. I felt like a calf fattened in a dark place, suddenly let into a broad grass lot. The air, the light, the freedom from restraint, the variety of external circumstances, all conspire to stimulate the nervous power unduly; and the *falling* will run, kick its heels, show its tongue, bleat, bawl, jump up into the air, and play all sorts of antics. I was like such calf. O, blessed relief! O, joyous deliverance! O, memorable period in my chequered life, the day that let

* [Chapter 229, of the Acts of 1850.]

"An act requiring Physiology and Hygiene to be taught in the public schools."

SECT 1. Physiology and Hygiene shall hereafter be taught in all the public schools of this Commonwealth, in all cases in which the school committee shall deem it expedient.

SECT 2. All school teachers shall hereafter be examined in their knowledge of the elementary principles of Physiology and Hygiene, and their ability to give instruction in the same.

me out into the bright sunshine, the green field, the tall, leafy woods, on the high hills, down the deep gulf that bordered my homestead! Glorious spot! None other like it this side Paradise to me! The associations that cluster around it make my old age green. They lift me over the hard-trodden PAST; they bring me into scenes that were loaded with freshness and beauty indescribable, to one who had known nothing of God, save as he was taught in the Catechism, and nothing of the world except as he gathered it from books. To put me to *work* was a jubilee, a grand redemption day, a period when my Humanity came back and spread itself over my nakedness, as the son of Noah did his mantle over the old Patriarch when he was "slightly beside himself."

For the first time in my life had I the privilege of wandering in a *forest*. How beautiful the woods were! It was in spring time. The wild flowers were on every hillock; the adder tongues, the leeks, and the crinkle-root, by the side of every rotten log; under the tall elms, and the wide spreading red beech, sprang up the mushroom—fit symbol of the life of millions who are born and perish in a night. Mid the roots of the tall strait bass-wood and the red elm, grew the ground-nut and the putty-root; and the boughs were the resting place of the brown thrasher, the blue jay, and the whistle bird. The grey, the black, and the red squirrel hopped from bough to bough over my head, and the chip-monk cocked himself at the edge of his hole and chirped most impudently. My heart was full of melody, and for the first time I caught glorious glimpses of the face of my creator. I had the faintest idea possible, that the best way to *know* God, was through his works; the holiest worship was *solitary* communion, a sort of *closet* interview, with the woods for protection, the birds for singers, the green plants and the beautiful flowers for the altar, and the great blue sky for a covering. One could not help praying. The desire to know more of the MIGHTY MIND, that made and fashioned all these things, was intense, profound. Prayer sprang from the heart, like a spring-tide at its flooding—not always intelligent, but always sincere. With *me* it could not well be intelligent, for my Deity was such an abstraction. My education had made him such. My great sensibility kept him such. My prayers in the woods were not, by any means, articulate. They were too deep for utterance. They found vent more through the feelings than the medium of words. I knew how to pray. I could say the Lord's Prayer with any boy I knew; and

"Now I lay me down to sleep,"

was as regularly said as night came. But to my highly wrought spirit, there was lacking appropriateness in these prayers. So I sat and drank in of the beauties around me, whilst sensations of unutterable joy thrilled through my whole being. Glorious old woods! Had I had *my* way, the sound of the axe or the crack of the gun should never be heard within your boundaries.

"He, who grows aged in this world of woe,
In deeds, *not* years, piercing the depths of life,
So that no wonder waits him; nor below,
Can love, or sorrow, fame, ambition, strife,
Cut to his heart again with the keen knife
Of silent, sharp endurance; *he can tell*
Why thought seeks refuge in lone caves, yet rife
With airy images and shapes which dwell
Still unimpaired, though old in the soul's haunted cell."

Why should I have just ideas of God? To me, as I had been taught when in my idealism, I embodied Him, and gave Him personality; so that my conceptions fairly took hold on Him; they left behind an impression anything but pleasant. Justice was the element always presented to me. He was terribly, inexorable *just*. Nothing that I could do would soften the sternness of His mandates, the unyielding rigidity of His features. About Him all was dark and lowering;

and I can well remember my picturing to myself His great white throne on which He sat, watching for the haltings of His creatures, that He might have them recorded in a book, and so have *cause of action* against them, when the great *judgment day* should come. I *shrank* from Him, and only said my prayers in the faint, vain hope, that I might possibly propitiate Him.

Why should I have any just, correct ideas of the Deity? Our parish minister was a man of a thousand. Of blameless life so far as overt transgression of the commandments went, his bitterest enemy could pick no flaw in his character. He was a sincere man, but a terrible bigot. He never *smiled*, and laughter with him was,

"Like the crackling of thorns under a pot,"

Cousin-german to rebellion and witchcraft. Our parish was small. He could easily visit his parishioners weekly. So on Wednesday afternoon, at five o'clock, in the summer, our family gathered in our kitchen to recite the Catechism, have the minister tell us how awfully, hopelessly, incurably wicked we were, pray for us, and then *take tea*. To me—I say it in no malignant spirit—the only saving clause in the whole transaction, weekly elaborated as it was, was the circumstance that on Wednesday afternoon, when the minister was there, we always had *waffles* or *SHORT-CAKE*, with butter and honey, for supper. I was almost reconciled to the catechetical mode of making me a sound theologian from this simple yet permanent arrangement. My seat at recitation was always in the chimney-corner, on a large blue dye tub that my mother kept. From this, as an editor from his tripod, did I utter forth my lessons. The Assembly of Divines at Westminster never had a perter scholar. The large and small Catechisms I knew *by heart*—no, not by heart, for my heart was not cognizant of the philosophy therein taught. Looking back, I do not wonder that I knew not God. It was remarkable that I was not a *heathen* outright. I learned more of the Divine Nature in one afternoon in the deep forest, than years of priestly, ghostly teaching had given to me. The religion of the woods was to me far better than that of the chimney-corner. O give me the worship of the woods, where

"All is concentrated in a life intense,
Where not a beam, nor air, nor leaf is lost,
But hath a part of being, and a sense
Of that which is of all Creator and defense.

"Then stirs the feeling infinite, so felt
In solitude where we are least alone;
A truth which through our being then doth melt,
And purifies from self."

My father had a hired man named Wickham. He had acquired somewhat of an influence over me. I was thinking of ways in which I could become more manly. Wickham suggested that I ought to *use tobacco*. O! O! it seized me like a revelation. What! chewing tobacco make a *man* of me!—lift me out of my boyishness, make me doff the garb of a child, and clothe me with the dress of an adult! I hailed it as a God-send. I vowed a vow of thankfulness to Wickham. I declared I would endure pain, nausea, sickness, anything, so that I might take rank with "*grown* people." O what a tempest my little heart had raised within it, at the bare suggestion of growing at a *stride* from the sphere of boy to that of manhood. I know how to pity ambitious, sensitive children. I can now in my old age enter into their aspirations far better than most men. At this hour, wide as the gap is between the transaction and the point of view from which I look, I can well understand how noble and holy that desire was in me. 'Twas an intense longing for the MIGHTY, that by which strong things are achieved.

It was a lovely morning in June;

"Poised on his rainbow wing,
The butterfly, whose life is but an hour,
Hovered coquettishly from flower to flower,
A gay and happy thing."

It was the Sabbath. I selected it because I thought it the time of all others the best fitted for my strength of purpose and of will. My parents would be gone to meeting, and I could tell the trial to none. I felt that I must do it or die. So I arose feverish from my breakfast and told my mother that I was not well, which was true, and that I did not wish to go to meeting. She laid the case before my father, who, on examination, said I had better stay at home. So I was left *alone*. The Sabbath bells had ceased to toll, the birds had sought the shady depths of the trees, the cattle had lain down to chew their cuds, when I gathered up my strength for the trial. Reader, you should remember I was but a boy, not quite twelve years old; and this *trial* was for *manhood*. Was it wonderful that I should seek to attain it? To be a "little man" had seemed to me always, from their teachings, the way the most likely to please my parents. Their friends always called me "a little man," "a nice little man." I thought *manhood* every thing, childhood nothing. I despised *childhood*. Was it very strange that I should think to smoke cigars, chew and smoke tobacco, and take snuff, were the *ne-plus-ultra* of accomplishments? My father chewed and smoked; my mother smoked and snuffed; my eldest sister—half-sister—smoked. Our minister smoked after tea, and chewed tobacco in the pulpit. Our deacon and elders in the church all smoked and chewed. The young men of our village smoked cigars and chewed tobacco. Our editor, now a distinguished political editor at the Capital of the State, walked the streets with a pipe in his mouth. Our village lawyer, a man of great talent, was everlastingly seen with a quid in his mouth, except at meals. All the hired men my father had, smoked or chewed, or both. What was I to think? When told that in some form to use tobacco was *manly*, was I to conclude the teller a liar? Were not the proofs all around me? If it was *not* manly, if in it there were not some special virtue which gave strength and adornment to the character of him who used it, what did it mean—this universal use of the weed in some form? And if it was *manly* to use it, and I could learn how, then the chasm which separated me, a *child*, from men would be filled up. I should have solved the riddle. I might be small in stature, but great men are sometimes small. I might be in years a child, but so much more honorable in me to be able to do what *men* did, what children usually fail to do.

The hired-man Wickham told me that I should be *very sick*. "But," said he, "as soon as you are over the first attack of sickness, take another pipe-full and you will have won the game."

I filled my pipe, lighted it, and smoked furiously. Within five minutes I felt that I was in a strange wood. The trees were double their usual size; the sky was fiery red; the sun looked as it does through a blue smoked-glass. A robin that was perched on the limb of a locust by the edge of our stone doorstep looked as large as a turkey. The house whirled—it seemed to thunder—I knew not where I was. Home and its externals had vanished; all recollections of my identity and that of my family were extinct. I thought I was flying in the air. I imagined myself bodiless—a spirit. Chaos had come to me, and I was in the ocean of blankness. This feeling was succeeded by deadly nausea, and my consciousness returned. O what agony I endured! I vomited till I imagined I was dying. I sweat till the perspiration streamed from me. I rolled on the floor, and indented my teeth in my flesh till I felt the blood follow the gash. Cold chills ran over me, and I felt as though I was imbedded in *ice*. Stupor came on me, and how long I lay I know not, but when I awoke the sun had passed the meridian. By no effort could I stand. I crawled to the pantry on my hands and knees, and there I found some cold coffee in a bowl. I drank it as if it were nectar from the wine-cellar of some Jew,

and in a few minutes I was much relieved. Seating myself on the door-sill, while the afternoon breeze fanned my face, I took the matter into serious review. I dreaded a second trial, yet my nature knew no flinching. Manliness was bought at a dear price, but all who chewed and smoked tobacco had purchased it at the same rate. Was it to be said that courage was wanting to me, which thousands of others had proved themselves to possess? Never! I would die first. So I took my task in hand again. It was somewhat less difficult to persuade myself to attempt it now. I had found out the *antidotal power* of coffee; and as Wickham had told me, so I found it to be. The second pipe-full hardly sickened me. I felt a little qualmish, but this all passed off, and I was as happy as a king, though weaker than most kings; and by the return of my parents from meeting I was quite calm, though pale as if I had a stroke of typhus. Ha! ha! was I not delivered? What boy of my age could step on my level? Nay, verily, but I must make my companions of men. Of them I could borrow; to them I could lend. I resolved to use the *best cut* tobacco, and for years used only *Lorillard's*. Monday morning came and I went to the village, and whilst there bought a tobacco-box nicely japanned, with two pipes a-kimbo on the cover, and the motto, "Peace and Plenty," underneath. I filled it with the weed, and started for home. I believe no one ever saw me ride our street at so rapid rate, or sit quite so puffed up on horseback, before or since that morning.

Thus almost simultaneously with the circumstances that improved my health and tended to give me bodily vigor, commenced a habit which, more than any other habit I ever had, has prostrated and injured my general health. It needs a more graphic pen than mine to describe the injurious effects of tobacco on the human system. It is always and everywhere to be ranked on a par with ardent spirits, unless, which I believe, it is more destructive than alcohol, sending to the grave prematurely thrice as many victims annually as all the alcoholic beverages drank in the United States. Most certainly it is the forerunner of drunkenness, and has tempted and prompted more men to leave their firesides, the pleasures of home, and the delights of intellectual life, and seek gratification in strong drink, than all the gala-days, festivities, public gatherings, &c., a thousand fold. It attends drunkenness as the jackal the lion, hunting for its prey. It fits the system as no other indulgence—unless it be the grossest lewdness—can fit it to demand with clamorous, authoritative voice for alcoholic stimulus. It will not be satisfied with *nutriment*. Food cannot allay the intense, deep, burning thirst for stimulating drinks of some sort which tobacco creates. Water, which is the natural drink of man, is never tasteful to a tobacco drinker, except at such times as he has been without the use of the weed for some time. Were this the place, I could give such an array of facts as would convince the most stolid that all I charge against this poison is far within the truth. Let me call the attention of the readers of the Journal to some of them.

Philosophically considered, there is no good reason for combating the statement that tobacco aids, prompts, and forces immense numbers of persons to the use of ardent spirits, who but for its use would never think of using alcohol as a beverage. In the first place, it is known and acknowledged on all hands, by medical men, that it is one of the most powerful depressants in the whole range of vegetable poisons; that its operation is directly to relax the muscular system, and greatly to prostrate and embarrass the nervous forces. How then can it otherwise be than that nature should, in her efforts to counteract this destructive agent, set up a loud call for extraneous aid? And as the functions of nutrition, respiration, and circulation, all depend on sufficient *vital* or nervous force to propel the organs to their work and its appropriate

accomplishment, and tobacco prostrates this vital or nervous force, the *hue and cry* is constitutional, is natural, is just. If tobacco chewing, smoking, and snuffing are right, then drinking alcohol is right. No speciousness of sophistry can evade this conclusion; for nature is entitled to the full benefits of the law of *compensation*. If she is borne to the dust by tobacco, if her elasticity is converted into rigidity, and her reactive force is palsied, she may justly claim the aid of any agent to *restore* the equilibrium of the forces, and set the disturbed powers at rest. Given as a problem, the habitual use of tobacco to be in accordance with the just performance of the functions of the physical system, I will bind myself to demonstrate to all unprejudiced minds that the habitual use of alcohol is decidedly promotive of man's highest development, and the more intoxicated he is the more fully does he fulfil the natural demands of his organism. For it is a fact, which investigation will bear out with undoubted data, and which philosophy can argue incontrovertibly, that depressants and stimulants are natural antagonists, whose province is each to counteract the other. No physician carries about with him a *depressant*, one that can lower the tone of the system, one that can relax the muscular force, one that can greatly lessen the action of the heart and arteries, one that can almost suspend the activity of the kidneys, and produce paralysis of the bladder, and unlock the contractile power of every sphincter muscle in the body, and not carry its counteracting agent in the shape of an appropriate stimulant. I risk my reputation as an autobiographer on the statement, that in the whole range of *medicinal* quantities a counteractive to the ill effects of tobacco, whilst one is in its constant use, cannot be found equal in its adaptation to alcohol.

Why, good, doubting reader, what say facts and statistics? How many tobacco chewers can you produce over forty years of age who have drank no alcoholic beverages? How many habitual drinkers of alcohol, in its severer or milder forms, can you produce who do not use tobacco? How many drunkards have you ever seen—street-staggering, gutter-embracing drunkards—who do not and never did use tobacco? Poll me the great State of New York, and you cannot produce me a hundred men, who habitually get drunk, who in no form use tobacco. Do not misunderstand me. I do not mean to say that every man that uses tobacco will or does use ardent spirit, or will die a drunkard. But I *do mean* to say, that every man who uses ardent spirit to a degree that it makes him drunk does also use tobacco, and that if a case is found where this correspondence does not exist, the case is in some way peculiar, and is simply an exception to the rule. I also mean to say, that the man who in any form habitually uses tobacco adds fifty per cent. to the probabilities, that he will die in the gutter instead of his bed, to what would exist would he use no tobacco. More than this. I mean to say, that a vast majority of cases of those who use alcohol, either moderately or to intoxication, lay the foundation of the appetite, not so much in and through other perversions of the appetite, but directly by means of tobacco, having first formed a habit for it. It was but a little while since, that a statement well vouched for was going the rounds of the press, affirming that out of 700 convicts in Auburn, 500 had been convicted of crimes committed when they were drunk, and that 450 of this number attributed their habits of inebriety to having first formed a *love* for tobacco.

Depend on it, the waters of the upper lakes will run backward before the drunkenness of these United States will be stopped, whilst tobacco chewing, smoking and snuffing, are unassailed by the friends of the temperance cause. Suppose penal laws were passed, prohibiting the sale of alcohol as a beverage, with a view to put an end to drinking, your statutes would be as weak against the evil as the withes of Samson

against his strength. What can stop for length of time the operation of a great eternal law, that is deep as the caves of the Domdamlis, and broad as the universe, viz., that a *supply* will be equal to a *demand*? And where, in the range of desire, can you find an appetite so keen, as that which thirty thousand drunkards have for alcohol—what to the keenest edge, as that appetite is, by an insatiable tobacco thirst.

Suppose you take thirty thousand men and deprive them of food for five days, and then let them out before a good, richly spread table—on one side, food in plenty, on the other side an interdiction against eating it, under severe penalties, how many of the starved wretches would care a straw for your pains and penalties? They would eat, though death fell on them in the very act. Well, these starved ones might be expected to conduct themselves with perfect propriety, as compared with a drunkard, from whom you had taken alcohol, and yet left him his tobacco. The use of the one, and the deprivation of the other, would make a drunkard of him. I defy the combined power of legislation and moral suasion to put an end to drunkenness, whilst tobacco is used as it is at the present day. It is the labor of Sisyphus the Reformer addresses himself to. He rolls his stone to the summit, only to have it roll down again.

But there are yet other aspects in which the severely ill effects of the use of tobacco are seen. Let me mention, 1st, the utter impossibility of curing the appetite for strong drink whilst the victim uses tobacco. At this point has the splendid effort to reclaim the inebriate permanently gone by default. Temperance men have sought through the entire range of moral influences for one strong enough to hold the reformed drunkard to his well-formed purpose. Their hearts have again and again been made sad by his lapse, his return to his filth. Investigating the causes, they have fallen on the seller, and expended on him their heaviest abjurations. He has been again and again prosecuted and punished, yet drunkenness is on the increase, and temperance men *know* it. Now, I am not the apologist of the rum seller, the grog dram seller. His is a vocation which must *damn* him, as a *matter of course*. It eats out of him the sympathies of his nature to the last shred. It destroys his self-respect, it hardens his heart, it at last leaves him on a level with those whose pockets he has pilfered, and whose manhood he has outraged. But mean as he is, he is not a whit meaner, not a jot more contemptible, not an atom more despicable than the tobacco seller. A cigar is as necessary to drunkenness as is potato whisky.

The sight of a box of Spanish cigars in a show-window will upset the resolutions of a drunkard as quickly and as effectually as a show of red bottles. Drunkards know this. All tobacco chewers and smokers who have felt the power of the liquor and tobacco appetite, know that the latter is much the strongest, *much the more difficult to cure*. It is easy to see that it *should* be so. Ask yourself from which state can you recover the *most easily* and the *most quickly*,—that of severe over-stimulation or severe exhaustion. Ask a medical man which he would prefer to grapple with; a case where the powers were unduly wrought on, so that the pulse was up to an hundred, the eyes protruding, severe pain in the head, lungs, stomach or bowels; or a case where vitality was deficient, the action of the heart quite feeble, the blood propelled through the arteries slowly and deficient in quantity, and so imperfect nutrition as a consequence. To answer the question, one has but to ask it. The former will allow bold, prompt, energetic measures, tending positively and immediately to the lessening the action of the system as a whole, and oftentimes can be successful in twenty-four hours; the latter requires the patching of months. I am aware that the legitimate result of over-stimulation is consequent exhaustion, but I also am satisfied that men would continue to use ardent spirits much longer without dying,

or losing the last attribute that makes them men, were they never to chew tobacco, or use it in any form.

I am not talking at random, but *know* what I say. Almost daily have I, in my professional capacity, to do with both of the classes described; tobacco chewers, who call themselves *temperance* men, and men who drink ardent spirits or alcoholic beverages of some sort. If I take hold of a man or a patient, I inhibit the use of ardent spirits *immediately*. Seldom do I find any serious difficulty in keeping up his energies and retaining the tone of mind, so that it may be said of him, he is *self-possessed*; but repeatedly and repeatedly have I found strong-willed men to become either whining babies, or decidedly deranged for the hour, under the sudden deprivation of their tobacco pipe or cigar. The land is full of tobacco DRUNKARDS. Ministers, preachers, church members, lawyers, doctors, mechanics, agriculturists, *all are slaves*, victims, little better than BEASTS. I will give a case or two.

I know a man of gray hairs, wealthy, of fine talents, with a noble wife and fine family of children. His eldest daughter is a very remarkable girl. This man sustains a fine character as a Christian and a man. He is somewhere between fifty and sixty years of age. He has been for forty years a tobacco chewer and smoker. He has made several attempts to cure himself of the habit, but has had to confess his *impotency* to his wife and children. Humiliating spectacle! A strong minded man, of great force of character and determination of purpose, so far the bond-slave of a disgusting practice as to be compelled to own to his dear ones about him, that all the *moral*, all the *christian*, all the *physiological*, all the *tasteful*, *cleanly* considerations that can be brought to bear on him, are useless to the cure of this accursed habit. He *must* wear his chains till death breaks them. He *must* spit his life away. He *must* make his wife every night when she lies in his arms, take the fetor of his breath, rendered doubly stenching by the use of tobacco immediately after meals. Good God! I should rather die a thousand times. Go where I would, I could find no *deeper hell* than that which would spring up in my bosom at the thought of my accursed thralldom to a vicious, sickly, nasty habit. Look at the man! Every time he spits, he says, "Wife, I am no *man*." A MAN is free. His appetites, his passions, his desires, his emotions, are all under the control of his intelligence. To do or abstain from doing a thing, he has but to be convinced that it is right or wrong, and the power to execute follows the conviction. I am not a man. I am a SLAVE. My habit is my master." Every time he kisses his children, his breath makes them stagger back, repulsed as if they had approached carrion, and it speaks to them in unmistakable language. "Your father is fallen, very, very low."

The deeply diseased state of the nervous system which the use of tobacco creates, and by which the mental powers are prostrated, and their possessor sometimes almost rendered imbecile, is fully seen in the terrible struggles which one often has to make to deliver himself. The vassalage is in exact ratio to the severity of the struggle for freedom. Judged by this rule, the alcoholic appetite, the sexual passion, the habit of profanity, the gambling profession, all are easily cured, compared with the appetite for tobacco. I may illustrate the force of this view on this wise: Take a drinker of alcohol, a licentious man, a gambler, profane swearer, and tobacco chewer, bring them into a "protracted meeting" and "convert" them all. The drunkard will cease his drams, the gambler will burn his cards, the profane man's mouth will utter sweet words, the lecher will become pure, but the TOBACCO CHEWER will fill his box anew, and say, "I cannot break up the habit." It is the *only* vice in all this broad land against which Christianity, up to this hour, has fought a hopeless battle. And it is of all the pestiferous habits to which men, in this country,

are given up, the worst, both by reason of its virulence and its enervating influence.

I knew a minister, *now dead* (killed by tobacco and strong coffee), who confessed to a mutual friend his utter incompetency to write, or think, or speak in the pulpit, without he was under the influence of tobacco. How terrible a habit it must be, thus to *take possession* of a man. The old cases of demoniacal possession, in the time of the Saviour, were not more startling. When his prayers were the most fervent, then the juice of his quid played on the nerves of his mouth and tongue the most powerfully; when his eloquence was the most pathetic, his language the most chaste, his sentences the most rhetorical, his manner the fullest of grace, his bearing the most majestic, when the sparkle of his eye was like the lightning of a clear summer's eve—mild, but bright, when his face assumed a radiance that made the onlooker feel that he had been with God, the whole thing was a *sham*, a farce, a humbug, a piece of pantomime. The spirits that baptized him were coffee and tobacco juice. Have taken these away from him, and for all the time of church-service he would have been a slaving, stammering fool, instead of an eloquent pious gentleman.

I know a mechanic who spits out of his mouth more than a *pint* of saliva daily, under his tobacco chewing; who says he cannot cure himself, who has repeatedly told me that without his quid he would not know a saddle from a bag of bran; and who could in no wise do his business without the aid of tobacco. He is a well-built man, but his flesh is flabby and soft, like that of scrofulous patients, and his large brain has become so enervated that his memory is sensibly affected.

I know grave and dignified senators in the Senate Chamber of the United States, who have entirely spoiled their voices by means of snuff-taking. They ought to be ashamed of their barbarous articulation, when they rise in their places to make speeches. But I must come back to *my own* history.

Months went by after the purchase of my box. I grew into the habit of chewing; I did not smoke; that would have exposed me to those whom I did not wish should know that I used it. No gipsy girl hugged her amulet to her bosom, as a charm against the evils of life, more watchfully than did I carry my tobacco box, as a proof of real manliness. There were other things connected with the use of the weed, in which Wickham instructed me. One was on no account to chew or smoke before breakfast; the other was, always to swallow all my saliva. I followed his directions implicitly. If from any cause I was, forced to forego my morning meal, I did not chew or smoke till I had eaten; and for fourteen years, I risk the assertion, that no person ever saw me spit tobacco-juice from my mouth. I studied cleanliness, prided myself on it, and succeeded in maintaining it. About six months after I had used it, my father *discovered* that I *chewed* it. I shall never forget his look. It was one of unutterable agony. He said all that a parent could say, who was guilty of the ill-habit, and doubtless felt that his and others' example had seduced me. Exhortation came too late; I was confirmed, and the spell of the demon was not to be broken by simple remonstrance on the part of a parent. O, ye fathers and mothers! when will you learn that example is the practical power? It would take an entire Journal to describe the *ill* effects, the absolute *destructive* effects of tobacco on me. I had *nightmare*, partially developed *cataplexy*, somnambulism, great derangement of the digestive organs, chronic liver complaint, and of course a thousand ailments which I will not weary the reader of my autobiography with. Let them all pass. I want to talk to them of my *redemption*. No drunkard ever came from a lower *hell*—if hell consists in consciousness of loss of self-respect, of terrible degradation, of utter impotency—back to life, to light, to manhood. How many times I pondered over the

words of Virgil in describing the descent of Annas to *Hell*! I found them true. To acquire an ill habit, though it cost me terrible effort, as it did in my attempt to learn to *chew* tobacco, is as nothing to the toil, the incessant task-work, the deep, immeasurable agonies consequent on a trial to give it up. It was not till I was married, that I came to be sensible of the great, the fatal mistake I had made, in addicting myself to a habit of this kind, with a view to *make a man* of me. And my eyes were not opened by anything my lady said. For aught I know, she was not more sensible to the great impropriety of the habit, than the generality of the women about her. My convictions sprang on me in this way: I approached a man and asked him for a chew of tobacco. His breath smelled offensively to me, and like a flash of lightning, the thought came, if this man's breath smells offensively to me, it may be that mine smells unpleasantly to my wife. I will know. It shall not be said that a woman for whom I entertain the very high respect that I do for one who has left the home of her childhood, and put her all into my hands for safe keeping, shall feel that I am an object of disgust to her. Her good opinion is to me more than any habit I have. Poor fool! Little know I of the utter prostration of all my self-control, of the deep, horrible vassalage in which I was, of the bonds and fetters

"Round me set,"

of the meanness of which I should find myself capable, of the dirty work which I should do before I should be saved.

I went to my wife, and said to her, "Are my chewing and smoking offensive to you? If so, tell me! The thought has seized me that they are. If so, to please you, I will give them up. Speak frankly to me. If I do it, I shall do it to please you."

She looked me in the face, and said:

"Yes! it is unpleasant; but I get along during the day, but at our night-rest I suffer. Your breath makes me sick. It *would* please me to have you give it up. I suppose you *can* without much trouble."

"Certainly, certainly. I never had a habit that I could not give up when I said so." How the devil at my elbow grinned, and said to the impersonation him, "He's a brave fellow, aint he! We'll see how his courage holds out in the trial."

"Brag is a good dog, but Hold-fast is better."

"Certainly, certainly, I *can* stop it, and I *will* stop it to please you," and so commenced the effort. From that hour no tobacco was to go into my mouth. My wife should not "turn her back to me," because my breath *stank*. I, a newly married man, young, ruddy, ambitious, wishing to prove that I was all and a *little* more than my wife took me to be in aim, strength of purpose, firmness of will, power and desire to please, was not hesitant to grapple with this habit and break its bones as a giant crushes his victim. So I harnessed myself for the strife. Within twenty-four hours I was as imbecile as an idiot. Then I was irritable and quarrelsome as Thersites; then I was exhilarated as a wine-bibber after the third bottle; then incapable of attending to business, then rolling and tumbling on my bed in a fever; then—*shame* to my medical adviser, back to my indulgence, as a sow goes back to her wallowing. I came forth from my struggle with no laurels. I did not consider myself vanquished, for I took the damnable stuff into my mouth "under advisement," and I vowed again, that I would conquer, and I did, but I made twenty attempts and failed, and came to loathe myself, and to wish that I could die. I was under perpetual throes and throb of conscience. It had come to be a matter of far greater import than giving *pleasure* to my wife. The issue was, slavery or freedom, shackles or free soul, manhood redeemed, worth having, or the merest animalism. Why should I not feel disgust with myself? Who can wake up and find himself the victim of a vicious habit, and not

feel as if he wanted to *spit in his own face*, when the conviction forces itself on him, that he *can't deliver himself*, that his doom is sealed, that, like Nebuchadnezzar, the spirit of manhood has departed, and eagle's feathers and bird's claws have become his natural adornments? If there is a single being made in the image of God, who does not turn pale at sight of such metamorphosis, let him herd with beasts. I felt that I was made for better things.

BLOOD-LETTING.

The readers of our April number will recollect the following:

"ALL WAS DONE THAT COULD BE DONE."—When the friends are commenting upon a recent death, it is very common for them to make the remark that "every thing in the world was done, but his time had come, no human power could save." And if the course of the practitioner was full of energy, they will earnestly assure you that "nothing was left undone." This is well exemplified in an anecdote which one of our ex-presidents was fond of relating.

Traveling from Virginia toward the north, he rested for the night at a tavern on the road; soon after his arrival at which, the hostess came in from a neighboring house with the females of her family, all exhibiting marks of deep distress. He was informed that they had been witnessing the parting scene of a young friend, who had died of some acute affection. "But, thank God!" observed the contented matron, "every thing was done for him that was possible, for he was bled seven-and-twenty times."—*Buffalo Homœopathist*.

[So have thousands, old and young, been sent into the grave, and we may find the same high-handed human slaughter practiced wherever the old system prevails. Fathers and mothers! look about you, and count the number of premature deaths which have taken place under the "regular" mode of doctoring, in your neighborhoods. Better let alone than take their drugs, or let them take your blood.]—*Water Cure Journal, for April*.

When copying this from our Buffalo friend, we had no idea that it was ever to be in our power to give to the incident, related by him, "a local habitation and a name." We are enabled, however, to state, on the best authority, that the "ex-president" referred to was THOMAS JEFFERSON. It so happens that two of his grand-daughters, who were his traveling companions on that occasion, are, at the present moment, in this city, and retain a perfect recollection of the occurrence. It took place, not as they were "traveling from Virginia toward the north," but during one of his customary semi-annual journeys from Monticello to Poplar Forest, an estate owned by him in the county of Bedford. Buckingham county was the theatre of this "regular" carnage, or bloody work. It was there, hard by a country tavern, kept by one Mr. G—, that this memorable instance of "all was done that could be done"—by the virtues of "venesection," as the learned call it—took place. The patient was an uncle of Mrs. G., the hostess; and from her lips issued the consolatory reflection, soothing the grief of her bereavement, that her dear uncle had not died for want of proper care and the best medical skill, inasmuch as "he had been bled seven-and-twenty times."

We are enabled, moreover, to state, that Mr. Jefferson entertained the deepest distrust for drug-giving in all its moods and tenses, and had no confidence whatever in the medical art, so far as this consists in the administration of medicine. As to blood-letting, he held it in perfect horror. Such had been the results on his mind of close study of the subject (and he had interrogated the best medical writers, from Hippocrates down, and was

a great admirer of the Father of Medicine), of his own individual observation, and of the opportunities afforded by his intimacy with members of the profession—of whom Dr. Rush may be named as one—which, wherever he had lived, had furnished its full quota of his most valued friends and favorite associates. Of one of these, a country doctor, he used to relate, that, becoming every day more and more thoroughly convinced of the pernicious effects of drugs, and of the serious danger often attending their use; whilst, on the other hand, people would fancy themselves or their children neglected if left to the *vis medicatrix Naturæ*, which alone could in truth effect the cure, and under the belief that they "required medicine," the influence of the imagination would be set against their recovery unless that notion was satisfied; he was in the practice of accomplishing this object by administering *bread pills*, of which he carried about an assortment, variously colored and flavored.

As the only practical safeguard of the people against drugging and quackery in all its forms, Mr. Jefferson was anxious to popularize the science of medicine, by making it—Physiology especially—a branch of general education; and it was with this view chiefly that he was in favor of a Professorship of this branch of knowledge at the University of Virginia; to the establishment of which the latter years of his life were devoted, with all the earnestness that could be inspired by the conviction that this was the greatest service that could be rendered to his native state, and through her to his country at large. In a word, the conclusions at which he had arrived upon the subject used to be summed up by saying: "I consider *Surgery as Geometry*, and *Medicine as Astrology*."

Had Thomas Jefferson lived to hear of systematic Water-Cure, to read of the cases in which its efficacy has proved itself, and to investigate the physiological and pathological explanations of the simple processes through which those (seemingly most wonderful) results are obtained; who can doubt that it would have been hailed by him as one of the greatest discoveries ever vouchsafed to man!

CASES OF INFLAMMATORY RHEUMATISM AND CHILDBIRTH.

BY PROF. I. M. COMINGS.

July 7th.—Called to see W. H., a young man, twenty-two years of age, who had been sick about six weeks, with inflammatory rheumatism. He had received the most thorough orthodox botanic treatment, viz., vapor baths, lobelia emetics, cathartics, liniments, tonics, stimulants, &c. We found this patient suffering severe pain in his lower extremities; the knees swollen; very sensitive to the touch; unable to move in bed without extreme pain; tongue coated with brown coat; pulse 110; skin hot, and considerable febrile excitement.

The bowels had been opened for a few days, and copious, black, offensive discharges had been quite frequent. Nothing more than slight temporary relief had been produced by the above treatment from a distinguished Physio-medical practitioner. We plainly saw that another course was indicated; accordingly we at once put the patient

into the wet packing, and kept him about one hour, and directed this course to be kept up, with alternate sponging, which reduced the fever, eased the pain, caused the swelling to subside, induced appetite, and in a few weeks the patient was about his business.

During this treatment the discharges from the bowels were copious and frequent—so much so that it was a surprise to the attendants, and led often to the inquiry where so much fecal matter could originate, since the patient had taken so little food. The water treatment seemed to keep up these discharges, and act as efficiently as we have ever seen from the administration of botanic remedies.

We reckon this among our hydropathic cures, and report it as such. It was quite convincing to us, from the fact that the treatment was very thorough and correct, yet without affording relief.

Our allopathic brethren have generally conceded that the botanic physician can cure rheumatism, and we have always considered that this form of disease was easily managed by the intelligent Thomsonian; but in this case the superiority of the Water-Cure was clearly shown.

A CASE OF CHILDBIRTH UNDER THE WATER TREATMENT.—The article in the November No. of the Journal, "The Curse Removed," by Dr. Nichols, was read by a lady of my acquaintance, who was so forcibly impressed with the truth of the sentiments therein set forth, that she was decided at once to practice the precepts inculcated. As she expected to be confined in a few weeks, she commenced bathing in cold water every morning, till the period of parturition arrived. This seemed to invigorate and strengthen her more than any other course of treatment she had ever pursued. She had been the mother of five children, and hence she had a good opportunity to compare the water treatment with the method commonly practiced.

When labor commenced, we found her still determined to follow the course recommended by the hydropathic writers: we carried it out, therefore, to the letter; and the consequence was, she was as strong and active the next day as she had been, in her former labors, one week after the birth of the others. She not only found the process very much facilitated, but the after pains, which had in her former labors been severe, almost entirely wanting. She also found the child far more healthy and robust than her former babes; and, as we observed to her, the child "was very old of its age." The second day she was about the house, and took the care of the babe, and had no occasion for a nurse.

The above is our first case of treatment in parturition, by water alone; but its success has been so flattering that we shall practice it in all the cases we may be called to attend, and recommend others to follow it in future.

We are quite well convinced that the universal use of water treatment in childbed would not only save numerous lives, but would serve to banish the male accoucheur from the parturient chamber; and this is a custom of society the abolition of which is to be devoutly desired; for the whole course of parturition would become so easy and simple, the great wisdom of the books would not

be demanded to assist so *natural a process*, we should soon be led to renounce the notion that childbirth is a disease, and requires the skill of the physician to assist the powers of the system.

In three cases of late, where our services have been bespoken, we have recommended a female accoucheur, and they have all succeeded finely. We shall continue the same advice, and shall only go where the opposition to female assistance is not able to be overcome by the reasons which we have adduced.

Although the fee is as desirable to us as to any one, yet we cannot violate conscience and right for the trifle of a few dollars. Where surgical aid is necessary, we shall be willing to render any assistance in our power; but this is so rare in the Water-Cure practice that it should only be the rare exception to the general rule.

WHAT NATURE CAN DO.

BY DR. WM. A. ALCOTT.

RICHARD H. DANA, Esq., at page 442 of his "Two Years before the Mast," speaks of a sailor who had the scurvy very badly, but was cured, as he says, off Bermuda, on approaching the United States, as follows:

"By this time he was hardly able to open his mouth; and the cook took the potatoes raw, pounded them in a mortar, and gave him the juice to drink. This he swallowed by the teaspoonful at a time, and rinsed it about his gums and throat.

"The strong earthy smell of this extract of the raw potato, at first produced a shuddering of the whole frame; and, after drinking it, an acute pain, which ran through all parts of his body. Yet, knowing by this that it was taking strong hold, he persevered—drinking a spoonful every hour or so, and holding it a long time in his mouth—until, by the effect of this drink and his own restored hope (for he had nearly given up in despair), he became so well as to be able to move about, and open his mouth enough to eat the raw potatoes and onions pounded into a soft pulp.

"This course soon restored his appetite and strength, and in ten days after we spoke the Solon, so rapid was his recovery, that from lying helpless and almost hopeless in his berth, he was at the masthead furling a royal."

Now the readers of this Journal have heard of the "Hunger Cure," the cure by Pathetism, the Water Cure, and I know not how many other cures; but have they ever before heard of the Potato Cure? If not, then we have been the honored instrument of increasing their stock of knowledge by adding another chapter to the history of the marvellous.

How long time it required—i. e., at what period of the sailor's disease it was that the vessel, freighted as above, spoke the "Solon," I am not able to say with certainty; yet, if my memory serves me in any degree correctly, it was at the time when he was lowest, and his case was considered the most desperate. Here then was a cure of the most remarkable kind, performed in about ten days, or less than a fortnight. Of all "cures," then, here below, must not the "potato-cure" bear the pre-eminence?

But to be serious—for seriousness is certainly becoming, at least on occasions—may not the non-medicine cure come in here for a pretty large share of the merit of the sailor's cure? Or shall the merit be divided between orthopathy, homœopathy, and hydropathy?

For, in the first place, the doses of potato were pretty small; there was at least an approximation to the homœopathic treatment. But there was more than the billionth part of a grain of the potato taken at a time. Secondly, there was more water than potato in each dose; and here, perhaps, was an approximation to hydropathy. But then there were shiverings and pain, which, however, it was thought, augured favorably. Here we come again on homœopathic ground. But orthopathy interposes here with *her* claims. The man was not *cured*, she will tell us, by any remedial system; he got well in spite of both medicine and physicians.

Now who shall decide when doctors disagree? One remedial agent, if no more, there must have been—I mean *hope*. It is also obvious that all ordinary remedies—those I mean of the apothecary's shop—were set aside. I do not remember, in truth, whether much had been attempted with what are called the more active remedies, but I think there had. In any event, they had now, during the operation of the potato cure, been suspended, and the potato juice had been permitted to act. Or, in the language of orthopathy, medicine had been set aside—nature had been permitted to do her perfect work, unembarrassed, except very slightly by the potato juice; and the water which held the potato in solution had done all it could towards the work of restoration.

For myself, however, I care very little about names or systems. The sailor recovered; and that is enough. Nature was left, uncrippled by medicine of any sort, in doses large or small. The only positive known agents in the case were hope and cold water. And these were sufficient. Perhaps hope would have been equally efficient without the potato, could the poor patient have been furnished with something else to pin his faith upon; as an ounce or a couple of ounces of good bread; though we must confess, that, for ourselves, we like the cold water that went along with it. We believe that it was a tonic to every one of his debilitated fibres. Still we are disposed to refer the cure, no small share of it, to the total abandonment of active or poisonous medicine.

We knew a lawyer, some ten years ago, about ten miles from Boston, of whom it was said, one day, near the close of winter, that he had just been cured of a troublesome cough of long standing, by homœopathy. Anxious to know the truth of the case, I availed myself of the first interview, and the following dialogue took place.

A. I hear, sir, that you have been greatly benefited by the new, or homœopathic treatment. Is it so?

L. I am certainly much better—but of the causes I am not so certain.

A. Have you not been under homœopathic treatment?

L. Yes, I have. I had little faith in anything of the kind, but my friends overpersuaded me. I took medicine, and am certainly better.

A. You will allow me to cross-question you a little, I suppose, as you would witnesses in a court.

L. Most certainly.

A. Were you in the habit of taking medicine before you came under homœopathic treatment?

L. Not much—indeed nothing strictly medicinal. The only thing I used was a kind of "old woman's" mess.

A. Do you know anything of its composition?

L. Paragoric, squills, and balsam of some sort, were, I believe, the principal ingredients.

A. Was it pretty strong of paragoric?

L. Considerably so.

A. Did you take it daily?

L. I never took it regularly at all. When my cough was very troublesome, I sometimes took it freely and often. At others I scarcely took it once a-week.

A. When has your cough usually been most troublesome—in the winter or in the summer?

L. In the winter and spring.

A. In severe winters or mild ones?

L. In severe ones.

A. How long have you been taking the homœopathic medicines?

L. From December till quite lately (about three months).

A. Have you used none of your old paragoric mixture during that time?

L. Not a particle.

A. Have any changes been made in your diet?

L. Very slight. I was very simple in my habits before. I have only been a little more rigid than formerly.

A. Was this at the advice of your physician?

L. It was.

To me the mystery was now solved. He had, practically, abandoned medicine for three months; had used a correct diet, had been somewhat benefited by hope, and still more so by the exceedingly mild weather of December, January, and February. Would not this explain everything? And was it philosophical to assign other causes for the change when these, alone, were amply sufficient?

I do not assume that all the apparent cures of homœopathy can be disposed of in this manner, for I have not seen them all. Neither have I the slightest hostility to this or any other system of remedial agencies. I have great faith in Nature. And while I would not underrate *man* or his *systems*, I would gladly exalt her and her powers. Let truth prevail, though systems and men should both fall.

INTERESTING CASES IN HOME PRACTICE.

BY SOLOMON FREEZ.

THERE is no part of the world destined to reap greater advantages from the Water-Cure than this great and sickly West. The diseases most prevalent here are fevers, and the diseases resulting from the medicine taken to cure them. These latter often prove fatal; but are generally attributed to some other than the real cause. It was but a few weeks ago that a lady of our village, who had been under care of a couple of allopathic doctors for several weeks, was consigned to the tomb. The appearance of the flesh around her

mouth gave incontestable evidence of the nature of the treatment she had received. A hole was eaten in her cheek: the doctors said it was caused by an ulcer. The people, after murmuring some, went to swallowing drugs as readily as ever. But a day of redemption must come; mankind cannot always be made to believe that the best way to cure disease is to add to the already overburdened system the most deadly poisons.

During the past summer I have treated several cases of fever with excellent success, with water, which I should like to have recorded in the Journal. Not that I think they have been better treated than other cases that have been published in the Journal, but for the purpose of inducing others, situated like myself, far from the reach of a Water-Cure physician, to try it, and spare themselves the necessity of taking drugs.

The first case was that of a middle-aged man, who had been afflicted with bilious intermittent or remittent fever for much of the time for the last four years. During all this time he was drugged scientifically by one of the professors of the Cleveland Medical School, at an expense of some two hundred dollars. Coming to this part of the country in search of a home, he stopped at my house, intending to remain a few days. During his stay the chills reappeared; not being in reach of his favorite physician, and not wishing to employ a stranger, he consented to try a course of water treatment, though with little faith in it. The first day nothing but local applications, to allay the fever, were applied. These acted like a charm, and increased his faith in the treatment. The next day, when the chill came on, he was placed in a warm bath, in which he remained till the fever came on, without any of the aches and pains with which he had generally suffered whilst having the chill. As soon as the fever set in, he was placed in the cold sheet, which was changed as often as it became warm, until the fever was subdued. The two following days the treatment was about the same. The fourth day, before the regular time for the chill, he was placed in the sheet, in which he remained for an hour and a half, but he got no chill that day, nor since—now six months. In less than one week after this he went to clearing up the forest, and was able to do more work in one day than he could have done in three any time during the previous four years, when he had been cured with drugs.

Another case was that of a boy, four years old. He was taken with bilious fever; an allopathic doctor was called to treat him. He continued his treatment for six days, the child growing worse all the time; and the only consolation he could give the anxious parents, at the end of that time was, that the fever had changed to a typhus. The parents thought their child must die. They had heard of my curing some cases of fever and ague, and mentioned it to the doctor. He remarked that fever and ague was a trifling matter, and might be cured with water; but it would not do to use it in fevers of this kind. I was asked about it, and told them that water was as applicable to typhus as to any other fever: though I had never tried a case of the kind, if they were satisfied their child could not recover under drug treatment, I would do what I could. They concluded to try it, as the child could only die, and as they had given drugs a fair trial, they should feel no stings of conscience if the child did not recover. We then went to work in the evening, and placed him in a sheet of four thicknesses, wrung out of cold water, and let him

remain in it till he became warm, and then changed it. I should have stated that the child was burning with fever, and had been for nine days; that when we commenced the treatment, its feet and hands were cold; warm bricks were put to its feet, which were left out of the sheet. After changing the sheet three times, he was washed for several minutes with cold water, and left to rest for two hours. The fever still continuing, he was again wrapped in the sheet, and sponged, and again left to rest till morning. Finding the fever not much abated at this time, he was made to sit in a tub of tepid water, and had cold water poured over him, until the fever was well subdued. He was then put to bed, and the fever soon left him. The next twelve hours he rested well, when the fever again returned. He was again placed in a sitting bath, and had cold water poured over him till the fever left him; warm applications were put to his feet whenever they were cold: injections were given to move the bowels. Whenever the fever would arise, it was subdued with cool or cold water. Besides this there was little done. In nine days the boy was well; having steadily improved from the time we commenced.

Food and Diet.

THE STAFF OF LIFE.

BY T. L. NICHOLS, M.D.

THE researches of chemistry have confirmed the experience of the world, in regard to the best food for man. It is past doubt, that no single article combines so many valuable properties of nutriment, mixed in their proper proportions, as WHEAT; and it is a lamentable thing that this most beautiful article is so nearly spoiled by the mischievous ingenuity of man.

Wheat has been eaten from the earliest ages, but happily for mankind, bolting cloths are of no great antiquity, and it is but at a comparatively recent date that they have come into general use. If any man is in doubt on this subject, let him try the experiment,—living one month on bread made of unbolted wheat meal, and the next on superfine flour. His system would teach him the difference.

In the country, I suppose every man can send his wheat to mill, and have it ground fine or coarse, and sent home bolted or unbolted. A bushel of wheat is usually separated into fine flour, middlings, shorts, and bran; and each of these portions needs the others. In such a case the most sensible proceeding would be to mix them all together again. In the city, whether we buy our flour, or get bread of the bakers, we are not sure of what we are eating. Much of the so-called "Graham flour" seems to be nothing but shorts and bran. The richest part of the wheat is missing. All commerce is full of these frauds and adulterations. The wheaten grits, or cracked wheat, sold at the shops, has not always seemed satisfactory in quality or cleanliness. Determined to know what I was eating, and to make sure of having the best quality of the best article, I hit upon the following expedient.

I went down to an agricultural warehouse in Front street, and bought, first a little hand-mill, for which I paid one dollar and a half. I then bought a bushel of beautiful, clean, seed wheat for two dollars. I fastened up my mill, screwed it to the right degree of fineness, and the next morning

we had such a dish of clear, lovely, delicious, whetmen mush, as the greatest epicure might envy.

Having succeeded so well with the grits, I thought I would try to improve the bread. Grinding the wheat a little finer, I had a meal I knew to be genuine. I then went to a chemist's, and bought an ounce of bi-carbonate of soda, and an ounce of pure hydro-chloric acid. I also got a sheet of blue litmus paper. Taking two bottles, I first made a saturated solution of the bi-carbonate of soda; then I diluted the acid until an equal quantity of one would exactly neutralize the other. This I did by repeatedly testing with the blue and reddened litmus paper. After taking a teaspoonful from each bottle, and mixing them together, if there was an excess of acid the strip of blue litmus paper would instantly turn red; if an excess of alkali, the red would turn blue again; but when the proportions were exactly right, there would be no change in the tests, and thus I had no acid, and no alkali,—but what! Why simple chloride of soda—common salt, and nothing else.

So taking a pound of meal I put in a wineglass of the alkali, mixed it up with water to the proper consistency, and then poured in an equal quantity of acid. In an instant the whole mass, stirred rapidly and thoroughly, rises up, light as a sponge, and in goes the bread into the oven, gets a thorough baking, and comes out,—light, and sweet, and most salubrious bread; and simply salted with the purest possible salt, by the same process that lightens it. The hydro-chloric acid unites with the bi-carbonate of soda to form common salt, and the carbon goes off in the shape of carbonic acid gas, making the bread just as light as you choose to have it.

I gave one of my patients a loaf of this bread, pretty coarse, to try it; he found it delicious, but its effect was better than the taste, as it caused, for the first time in several years, a perfectly natural action of his bowels.

This mode of rising bread is certainly very simple, and a beautiful experiment in practical chemistry; but I do not know that it has any very decided advantage over the ordinary methods. Having clean good wheat, coarsely and freshly ground, is, I am certain, a great advantage.

SPECIAL NOTICES.

WITH this number closes the *eleventh volume* of the Water-Cure Journal.

VOLUME TWELVE will commence with the next number.

NEW SUBSCRIBERS may receive the Journal for *six months* at half a dollar, or a *year* at one dollar, always in advance.

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FOR A COMPLETE PROSPECTUS, see last page of the present number.

A PREMIUM will be given to those who obtain clubs of twenty or more. See "A New Premium," on another page.

PHYSICIANS AND OTHERS who would aid in promoting the WATER-CURE throughout the world, may do so more effectually than in any other way by extending the circulation of this Journal.

New-York, June, 1851.

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ALL LETTERS, and other communications, relating in any way to this Journal, should, in *all cases*, be post paid, and directed to the publishers as follows:

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THOUGHTS FOR JUNE.

BY R. T. TRALL, M. D.

THE HOUSES WE LIVE IN.—There are people of wealth in the world who live in fine houses, and they have a proper idea of cleanliness, and a nice and commendable taste, as far as their houses are concerned. There are families, in our cities, occupying splendid houses, situated in clean wide streets, and having large airy yards. Within are spacious sitting rooms; large, well-ventilated sleeping apartments, and furniture which is always kept bright and polished. In fact the idea of dirt or dust—in doors—on the carpets, on the windows, on the ceiling, or anywhere, is not to be tolerated. The house is kept thoroughly clean from the top of the garret to the bottom of the cellar.

But in those houses in which mortal tenants reside, are tenements occupied by immortal beings. The bodies of the members of the family are the houses in which the real persons live. To vary the figure, the bodies are the houses which the minds occupy. How are *these* houses kept, in relation to cleanliness? After all they are made the receptacles of every foul and unclean thing. These bodily houses, the tenements of the spiritual nature, are constructed of the substances employed as food; hence they must necessarily partake of the character and properties of that food, and be pure and healthy, or impure and unhealthy, as that food is good or bad. That this is a plain and true proposition, all will admit; but all are not ready, practically, to adopt this truth.

Is not that house which has been formed and fashioned by the Creator of all, as good, as valuable, as worth preserving, and should it not be kept as free from filth and contamination as the house made with human hands? Is not dust in the stomach as bad as dust in the fireplace? Is not a foul ferment or offensive gas as bad in the blood and breath of the body as in the vault or kitchen of the house?

Recently the scarlet fever has raged severely in some neighborhoods in New York and Brooklyn. In some families two, and in others three children have died. We do not say that a child reared as healthfully as possible, in a city, may not have this disease; but we assert, that such children will have the disease in a milder form, and seldom or never die, unless *assisted by art*? But to deduce the practical lesson. In every family where the scarlet fever has proved fatal, as far as we can learn, there has been depredations committed on the body in one or both of two ways—poisonous food or poisonous medicine. In most cases it will be found that the children's stomachs have been literally poisoned with pork, grease, sausages, bacon, old cheese, baker's pastry, candy, lozenges, and other

abominations, instead of nourished with bread, milk, fruits and vegetables. And when the disease commenced its work of devastation, as though it was not enough for nature to contend against the accumulated force of bad habits, the doctor must send a few additional poisons into the stomach for the vital powers to resist if they can; thus lessening the chances of recovery at least one half.

Any person who will take pains to ascertain the history of drug medical practice in scarlet fever, will find a murderous narrative from first to last. But do not understand us as charging regular physicians with murderous intentions or any other bad motives. What else can they do, if required to doctor a disease, but to doctor it as they have been taught? Besides, there is not one in fifty, among practicing physicians, who know anything about medical history. All they know or can know in that system is, that such doctors and such books say that such drugs and such powders are proper for such symptoms and such diseases.

But to return from doctors and their drugs to our living locomotive tenements. If parents do not wish to be visited with "mysterious Providences" in the removal of their dear ones, they must have, at least, as great a regard for the purity of their bodies, internally, as they manifest in the internal arrangement of the rooms and furniture of their houses.

DISTILLED WATER.—The Boston Medical Journal is continuing the publication of "Dr. Dick's alphabetical notices of subjects connected with the treatment of Dyspepsia." This Dr. Dick tells some very sensible things, and some exceedingly foolish ones. The following quotation is worthy of especial notice:

In treating of *mineral waters*, it may seem out of place to refer to *distilled water*, but I cannot forbear here adverting to the occasional remarkable benefit derived from this means. It will be known to some of our readers that the late Dr. Prout often prescribed it, and in two or three cases which the writer attended along with that distinguished physician, and in which distilled water was habitually employed at Dr. Prout's suggestion, good effects followed. In one case, threatened saccharine diabetes seemed to be averted. The writer has recommended the use of distilled water, with benefit, in cases of foetid halitus from the skin, accompanied with a dirty and greasy condition of that tegument. It cannot be doubted, that as a deobstruent agent, and one peculiarly fitted to *eliminate* foreign matters from the blood, none can excel *distilled water*.

Now we admit Dr. Dick's testimony, and believe with him, that pure water—distilled water is pure—is excelled by nothing as a purifying agent; but we would respectfully propound the query: Why is it that there is not an allopathic physician in New York, or Boston, who ever prescribes it? They employ it, to be sure, to dissolve chemicals, and as a vehicle for the administration of drugs; but as to recommending it for its own properties or virtues, where is the one drug doctor who has ever done it in the cities above named?

AN ALLOPATHIC SPECIFIC.—Dr. Dick, aforesaid, tells us, through the periodical above named, that chalybeate waters are *specific* in chlorosis, anemia, and some other affections. Chalybeate waters are waters impregnated with the salts or oxides of iron. Some of our readers will recollect that we have, within a few months, extracted the particu-

lars of *seven cases* of puerperal anemia from the same Boston Medical Journal, and in every case the patient was treated with the preparations of iron, and in every case the patient died! A specific is usually regarded as a sure cure; but if Dr. Dick's testimony is true, and if the Boston allopathic periodical tells the truth, an allopathic specific must be a *sure kill*.

BREATHING-PATHY.—We do not despair of our allopathic brethren; some of them are almost daily seeing the error of their ways, which is the preliminary condition to a knowledge of a better way. Every week we read, in communications from some of them, the expression of their utter contempt and abhorrence of the whole business of drugging the human stomach. Ever and anon some straggling ray of our light happens to beam upon them, or some chance, whose direction they do not perceive, makes them acquainted with some new and wonderful virtue in air, water, food, or exercise; new and wonderful to them, but parts and parcel of the system we have long advocated and practiced.

Free breathing, or the full exercise of the respiratory functions, is peculiarly a hydropathic remedy. In weak lungs, contracted chests, incipient consumption, general debility, &c., &c., it is a leading measure of medication. So refreshing and vivifying is the free action of the lungs to those who for a long time have not half breathed, that some persons, who have accidentally discovered such results, have conceived the idea of a specific in full inspiration for some particular disease, and even framed theories to explain the *modus operandi*. Not long ago Mrs. Willard, of Troy, having witnessed the efficacy of forced and violent respiration in throwing off the premonitory systems of cholera, actually believed she had discovered the true proximate cause of the disease, in a collection of carbonic acid gas in the lungs, and a cure in the decarbonizing process of free breathing. In fact, she wrote a very able treatise on the subject of *atmopathy*, a term which these circumstances originated. The Southern Medical and Surgical Journal of a late date, gives us the following intelligence on the breathing theme. The theory of "a stagnation of blood in the venous sinuses," we think is rather stupid; but the practice is good nevertheless:

Sick Headache cured by full Inspirations. By M. TAVIGNOT.—"It was in the following manner that I discovered the efficacy of this new and apparently strange method for the cure of this affection. In October last, I was attacked with pain and weight in the head, anorexia, a physical and moral prostration, &c. Experience taught me that I had to remain in this state for twenty-four hours. I concluded that this peculiar state of the nervous centres might depend upon a stagnation of blood in the venous sinuses of the dura mater, as M. Auzias Turenne supposes, or upon an imperfect aeration of this fluid. I immediately commenced respiring freely and fully during several minutes. I perceived a sensible relief, which induced me to continue, and in a short time I was cured. I got up and undertook my usual occupations, as I felt but a slight pain in my temples, which vanished in a quarter of an hour. This result was doubly agreeable to me, as it furnished me with a new and practical remedy. In ten persons, upon whom it has been tried, one-half have found instantaneous relief, and in the others there has been an amelioration, or a complete failure."

HORSE-FLESH AS FOOD.—As an amusing specimen of the loose manner in which too many medical authors write and think, we quote the following from the *Physo-medical and Surgical Journal*, especially as it gives us the opportunity to point a moral:

ANIMAL FOOD.—A correspondent desires to know why horse-flesh is not a suitable article of food. He reminds us of Doctor Franklin's question to the *savans* of Paris: "Why," asked the doctor, "does a bucket of water, with a fish in it, weigh no more than a bucket of water without the fish?" Every one in the company had a different reason to give; but the doctor pronounced them all incorrect; and, at last, the question was referred back to him for solution. "Gentleman," said the doctor, with a mischievous smile, "before proceeding to give a reason for the fact, it is necessary to ascertain whether it is a fact, that the bucket with the fish is no heavier than without one. For my part, I have always found it was." So our correspondent should ascertain that horse-flesh is unpalatable, before he asks us why it is so. As we have never tasted the article, we would not presume to decide.

A person asks why horse-flesh is not *suitable food*, and the doctor does not know whether it is *unpalatable* or not! If there is any pertinency in the answer, it implies that everything that is palatable, no matter how morbid or unnatural the appetite, is suitable. The world has followed depraved appetites quite long enough; it is time the appetites were made to follow truth and nature. To enable the physo-medical man to solve the important problem, we will inform him that the Kalmuck Tartars subsist principally on horse-flesh, and they find it very palatable.

The following sentence occurs in the same article from which the above paragraph is quoted:

It is a confirmation—if any were needed—of the inspirations of the Scriptures, that the things declared by Moses to be unclean, are generally such as the discoveries of modern science have proved to be unhealthy. The distinction of the Jewish lawgiver, of animals that part the hoof and those that have claws, will be found, with but few exceptions, to mark the herbivorous and carnivorous species.

For the farther edification of our respected contemporary we must be permitted to remark, that the animals called swine are among those declared through the inspiration of Scripture, to be unclean, and proven by the discoveries of modern science to be unhealthy; yet there is nothing in the shape of animal food more palatable to modern Christians, than pork aliment.

THE WAR OF THE PATHIES.

BY T. L. NICHOLS, M.D.

If we are to have a fight for the purity of Hydropathic principles, the sooner it comes the better for us and for the truth. Hot shot for every man who sails under false colors. Have not the people been humbugged long enough by medical frauds and medical impostors? Have they not had enough of drug medications? What gives the *WATER-CURE JOURNAL* its circulation of twenty-five thousand copies a month, now faster than ever increasing, exhausting editions, and going beyond all common calculations,—a circulation of a medical periodical unprecedented in the world's history? What is the living principle of the glorious reform in health, and medicine, spreading over our coun-

try and the world? It is the *WATER-CURE*. It is hatred of drug-poisoning. It is a return to nature, and a comprehension of her laws.

Eclecticism is a pretty word. Generally it means a choice of evils. It is often a trimming to popular prejudices and superstitions. Eclecticism is on the fence. Not sure of the best, it tries a little of everything. An eclectic or rational temperance man drinks water, but he takes care to put a little brandy in it. The eclectic or rational hydropathist uses water, also, where people are in favor of it; but he mixes up a few drugs with it, when people want them. He must poison a little—poisoning is so respectable. When the husbandman, in the Scripture had sown his wheat, Satan came and sowed tares; but our eclectic hydropathists save Satan the trouble, by sowing the tares themselves. They give a wet sheet pack to bring out the latent poisons of former medications; but at the same time poison a little more. They may not believe that Satan can cast out Satan, but have great faith that drugs can cast out drugs. They set a thief, Opium, to catch a thief, Calomel, and go on the true allopathic principle of curing one disease by creating another.

Every man must practice the healing art, or poisoning art, as the case may be, as he best understands it. I have no disposition to dictate to physician or patient, though I may feel it my duty to give my best advice to both. But I am greatly in favor of calling things by their right names. Hydropathy and Water-Cure are words which ought to have clear meanings. When I speak of a Hydropathic or Water-Cure physician, I mean one who cures diseases with water; and I do not mean one who gives drugs in large or small doses. Many allopathic physicians make more or less use of water. Some of the most distinguished old-school practitioners in New York prescribe sitz baths, wet bandages, water injections, the douche, and even the wet sheet pack, but they do not call themselves hydropaths. On the contrary, none more bitterly denounce hydropathy. So our homœopathic physicians, many of them, are getting to use water extensively; but none of them—none who are honest, at least—claim to be Water-Cure physicians. And the Chrono-Thermalists, if I may properly speak in the plural, make great use of cold affusion and the douche, but I have heard of no Chrono-Thermalist who claims to be a hydropathic physician. They give their quinine, arsenic, prussic acid, milk punch, and champagne with a commendable straightforwardness, if not with an equally commendable discretion. All this is well understood, and nobody is deceived by it; but no one expects a Water-Cure physician to give drugs. They expect better things.

An infidel's going to church now and then, of a pleasant Sunday, does not make him a Christian; but when a man calls himself a Christian, we do not expect him to swear, steal, get money or reputation under false pretences, or pretend to one thing and do another.

If Hydropathy is anything, it is because it differs essentially and radically from other medical systems. If Water-Cure means water and drugs, it is a sham and a humbug. Where is the difference, pray, between water and drugs, and drugs and water? Who cares whether a man is a Hy-

dro-Allopath, or an Allo-Hydropath. Whichever way the breed is crossed, it is a mongrel, marked with long ears, and it is to be hoped that it labors under the usual mulish inability to continue the species.

No, friends, the truth must out. The man who claims to be a Water-Cure physician, and yet gives drugs, in large or small doses, sails under false colors, pretends to be what he is not, and either has no comprehension of the philosophy of hydropathy, or is weak enough and dishonest enough to go against his own convictions. Perhaps the short way to say it, would be to call him a knave or a fool; but such hard words are of no service. A man may do what he knows to be wrong without being a knave. He may be weak, timid, time-serving, conservative. And a man may fail to understand the system of nature without being a fool. Men seldom act up to their knowledge of right and their convictions of duty,—but good and brave men *always do*; and no man can take a leading part in any great reform, who does not.

We owe it to the people to define our positions and our names. The people understand by a Hydropathic physician, one who cures diseases with water, and *without* drugs; and for a man who uses drugs in any way, to claim this title, without explaining his position, is a shameful fraud. Let him call himself an Eclectic, a Hydro-Eclectic, a Rationalist, or what he pleases. He has no moral right to call himself a Water-Cure physician, without some qualification. People apply to such doctors, expecting pure hydropathic treatment, and because they have been saturated and sickened with drugs; and, to their astonishment and disgust, are ordered to take more medicines. They go to what are termed Water-Cure establishments, in the hope of being cured of drug diseases, and find their old enemy coiled slyly away among the packs and douches. Is this right? Is it honest? Is it consistent?

What conclusion can we come to, respecting a professed hydropath, who gives medicines, but this—that he either does not understand hydropathy, or that he has no confidence in it? If water is the best of all remedial agents, why use any other when water is at hand? If drugs are always and under all circumstances injurious, why use them ever? If all the good effects of drugs can be produced with water, without their injurious consequences, why should we mix them up together? How can a man have any respect for himself, who either pretends to be a hydropathist, and does not really believe in the doctrines of Hydropathy; or who practices contrary to his own belief?

There is a cant of toleration, and liberality, and eclecticism, which has misled some, otherwise sensible and well-meaning practitioners. They are afraid of being considered ultra—they dread exclusiveness—they hate the very name of reform. As if a brave good man, knowing that he is right, can stand up too boldly, too purely, too strongly in that right. As if there were any ultraism in truth, or as if a man could be too exclusive of error and evil. As if it was not our glorious mission to reform the world, and redeem it from its sufferings and wrongs.

Oh! shame on such cowardice! Shame on the

craven who will mix wrong with right, to gain the credit of liberality and eclecticism. Shame on the man who will not stand by a great truth, and who will sacrifice a principle to gain the applause of ignorance!

I have no fear of the result. The brightest gleam of truth, that is now shining over this poor earth, is the Philosophy, the Theory, and the Practice of the Water-Cure; and this light cannot be obscured by the owls and bats it has blinded. If practitioners, educated in the grave errors of Allopathy, or the amusing charlatanries of Homœopathy, or a bastard Botanicism, or the Eclecticism that jumbles and confuses, all cannot understand Hydropathy, there are thousands of clear-minded men and women who can. If time-serving and mercenary physicians adopt a name, and neglect a principle, the people demand a purer faith and a more consistent practice. The man who puts his trust in the honesty and intelligence of the people, will keep their respect and confidence the longest. It will be found in medicine, as in other matters, that "honesty is the best policy."

I do not mean to offend—I speak my honest convictions, because the time seems to have come for me to do so. If Hydropathy is to be sustained, it must be upheld in its purity. Our fountains must run clear. We must mix no vile drugs with the simple element. If the Water-Cure is based on the laws of nature, every mixing up of other systems is a violation of those laws. If Water-Cure is anything, it is everything. The man who gives drugs in any form, practically denies faith in the Water-Cure, and betrays its cause; and the man who lacks faith, or knowledge of Hydropathy, and yet makes a pretence of practicing it, must be actuated by a mercenary spirit, and is unworthy of any place in this great reform.

These are the sentiments of one man. True,—but they are also the sentiments of every man who thinks and feels as I do. No one who reads Water-Cure books, or understands Water-Cure principles, can feel otherwise. This has become a question of stern and uncompromising duty. Our cause must triumph, but its false friends can inflict upon it far greater injury than its open foes, as religion can flourish amid the fires of martyrdom, but falls into contempt when disgraced by its unworthy professors.

91 Clinton Place.

APPLICABILITY OF WATER IN CHRONIC DISEASES.

BY E. A. KITTREDGE, M.D.

TAKE what is called "Liver Complaint," where the liver has had to do double duty for years, it may be, and the skin has not been thoroughly cleansed the whole time; and how, I would ask, can any one hope to cure it by the use of drugs?

The liver, in all cases, is more or less inflamed or irritated, and how is it possible that it can be brought under the influence of medicine and not be disturbed still more?

If the simplest food will create pain and disturbance of the biliary functions, what must not "medicines" do?

Nature, knowing the impossibility of quelling insurrections in one of her chief citadels, while

there was anything to feed the flame of rebellion, wisely stops the appetite at such times, in order that the excitement may cease, knowing that flame, without fuel, cannot last always.

But Dr. Allopathy, disregarding the hints of nature, blindly persists in throwing, into the very centre of the citadel, the means of keeping up the excitement; the munitions so useful in the war of extermination, because so deadly.

To be sure, he lays the flattering unction to his soul, that he is a friend to good organization, and would not, for the world, give help or "succor to the enemy." In fact he is doing all, as he thinks, for the best, quieting instead of increasing the disturbance! but in this he is most egregiously mistaken. He may cry Peace, but there is no peace, neither can there be, to the troubled garrison, any more than could be in a citadel of besieged soldiers, in the midst of which bomb-shells, containing all sorts of combustibles were constantly being thrown by an enemy.

Meaning well is a poor excuse for doing wrong when you have the means of knowing better.

Oh that I could but persuade my brother physicians to try the new and better way of curing diseased action.

But had I the eloquence of a Cicero, and the power of a Sampson, I could not move many of them; for alas! the people, as yet, on whom they depend, hunger and thirst for physic, and they will give it to them, for the "consideration," if for no other motive.

To those who are willing to hear anything, and prove all things, and who have found themselves baffled, time and again, in curing bilious complaints, let me beg of them to listen patiently to what I have to say; and all I ask of them is to try the simple methods which I will herein and after lay down; and which they must know will do no harm,—and then, if they do not acknowledge that the Water-Cure is the cure over and above all they ever before dreamed of, I will never open my mouth again.

First then, let them begin in all cases by first cleansing the body thoroughly, as the long pent-up, morbid matter must have an exit, or you can do nothing. This being done, if there be fever or great irritation, don't get in a passion, and revenge yourself by shedding blood—"Whoso sheddeth man's blood," &c.; but go to work in a sensible and rational way, and cool it down. For this purpose sitz-baths, wash-downs, rubbing wet sheets, &c., may be used; and they will be found far more effectual than the lancet, or any of the "antiphlogistic" treatment made use of by the allopath; and what is of more consequence still, it will do it without doing any violence to the laws of health and being, which they do not contend can be done allopathically.

Having reduced the fever, which sometimes is great—though, as a general thing, there is not much in "Chronic Liver Complaints"—the next great objects are to quiet irritation, and equalize the circulation. Fortunately these two ends can both be accomplished by the same means, viz, the "wet sheet."

Of course we can give no specific directions as to the length of time, &c., the patient must remain in the sheet, as that will depend altogether upon

who he is; how long he has been sick; the state of the nervous system; his other difficulties, &c., &c. But the judicious physician—and none other should attempt to practice—will know how to use them, especially if they have made any experiments with them, or have studied into the treatment any.

I believe, as a general thing, the patients are kept in too long in almost all cases. "A little learning is a dangerous thing." Many people are apt to go on the principle, "that if a little of anything is good, a good deal is better,"—but this is not true in all cases; especially is it untrue in the case in question; for people troubled with long-standing inflammation of the liver almost invariably have more or less headache, caused by the sympathetic irritation on the brain; and every experienced Hydropath knows, that long packs are very apt to cause a "determination to the head;" then again, long continuance in the pack enervates, as it is neither more nor less than a warm vapor bath after the first ten minutes or so.

From twenty to sixty minutes is long enough for anybody, as a general rule; the object being to get up a thorough determination to the surface, bringing the blood into the capillaries, that have all along been pressing on the internal organs—the removal of which pressure is what restores, as nothing else can, the equilibrium of the nervous system.

The wet sheet pack, not only effects these two most important objects, in a most masterly manner, but it also is a most efficient measure for the removal of obstructions in the liver and other glands, by the shock it produces—doing all that calomel can do that is good, without any of its terrible consequences. More anon.

WOMAN'S DRESSES.

BY MRS. J. B. GLEASON.

THAT noble writer, Fenelon, when describing Telemachus, journeying in search of his father, Ulysses, represents the youth to have been shipwrecked on an island where reigned the beautiful goddess Calypso. She being enraptured with his wisdom, youth, and beauty, desired to retain him in her isle. For this end she caused him to be clad in purple, embroidered with gold, to divert his thoughts from his worthy sire, of whom he was in search, and from the land of Ithaca, his home. While he was contemplating his new costume with great delight, Minerva, the goddess of wisdom, appeared before him, in the figure of an old man, and said: "Are these, then, oh! Telemachus, the thoughts that should occupy the heart of the son of Ulysses? Know thou that a young man who loves to deck himself fancifully as a woman, is unworthy of wisdom or honor."

Now, have not we, as a sex, been so engrossed with our outward adornings, as to forget, in a good degree, the prime objects of our earthly sojourn? Like Telemachus, we have found our delight in our apparel; and by it been diverted from life's more important duties.

If this is unworthy of man's chief attention, then why not of woman's? If the man who lives to dress, instead of dressing to live, has neither wisdom, dignity, nor honor, then why not so with woman?

Let us believe with some ancient tribes, that woman is not immortal, or else admit that she has a higher destiny to fulfil than that of merely dressing well. Many deem it the acmé of praise to say of her, that "*she is handsome, and dresses admirably,*" neither of which are any certain indications of merit—for the former is an inheritance, and the latter *may* be owing to the good taste and industrious fingers of her dressmaker, and not to her own.

Do not understand me to mean that *dress* is a trifle, above an intelligent woman's attention: by *no means*. That woman who dresses *truly well* is entitled to much credit, or some of her friends are; but it should not be the Alpha and Omega of her thoughts. Pardon the frequent use of the word Woman. It is a good old-fashioned term; an especial favorite of mine, though now so fallen into *disuse*, that a modern minister "*is said* to have said" in a sermon, that the "*ladies* were last at the cross and first at the sepulchre."

But to the point—why man's apparel should be plain, simple, durable, comfortable, the same suit fit for all times of day, and all sorts of occasions, and woman's the opposite of all this, is to me a mystery. *His* will endure sunshine and showers, without material injury. *Hers* is often well nigh "ruined" by exposure to the dews of heaven, or the smiles of a cloudless sky. One protects the *wearer* from the weather,—the other the *wearer* must protect from the weather. What a damper on one's "feast of reason and flow of soul," to be in a constant "worry," lest your fancy silks, perhaps purchased at a cost you could ill afford, shall be spoiled or soiled on their first excursion of pleasure. But fortunately it affords your escort an opportunity to display his gallantry by his watchful and dexterous care to protect your frail apparel from harm; and is to him a foreshadowing of cares to come. But must woman be clad in gossamer; dine on humming birds' tongues, and sip the dew of roses, to render herself beautifully frail and lovingly dependant, and thus fulfil her mission here? Ah! no. Her life, *well lived*, is no "May game of rosy hours, 'mid green flowery spaces," more than man's.

Not that she should adopt the male attire in full, as the Mormon women have done, in some sections. Woman has her anatomical, physiological, and psychological peculiarities; and, let her dress *as a whole*, be peculiar to her sex. This she may have, and still wear articles in likeness of his, if it suit her convenience better than any other form. In this there can be no more impropriety than in man's wearing a calico or worsted wrapper in his study, or in the sick room, if he finds it a matter of ease or economy to do so; or of his putting on an apron to protect his broadcloth when engaged in certain duties. Many seem to fear that the beauties and graces of the sex will vanish like the "morning cloud and early dew," and in their place only a gross affectation of manliness, if she attempt any radical reform in dress, or engage in any avocation hitherto peculiar to man. The fact that woman's dress is frail, inconvenient, unhealthy, a tax on her time to make, put on, change, &c., and man's the opposite of all this, it in nowise follows that, to improve her garments, she must adopt his entire.

Different ages, nations, and fashions, have shown that costume may be more varied in form than one could compute in a lifetime, even with the aid of the rule of permutation. From all these forms it would seem one might be selected which would combine beauty, ease, and durability. In short, a style which should not be a sort of "Aaron's rod, swallowing up" one's time, means, thoughts, besides making sad havoc on health.

Simplicity is the soul of both beauty and utility. Our enlightened mode of dress is *too* complex; has *too* many fixings. For example, as many yards, and as many stitches in the flounce on the skirt as on the rest of the dress. They make a short, thick-set person look as broad as long, somewhat like a walking pumpkin. As for those who are tall and slim, 'tis said they relieve the distance from head to foot. Well, that is true; they do form a line of demarcation, on which the eye can rest, if it is weary of so long a survey at one glance. Perhaps our tall, lean Yankee gents would improve their figure by having a few on their pants. If Ichabod Crane had only hit on this invention, he would have been a still more interesting personage, when a schoolmaster in Sleepy Hollow.

No doubt flounced trowsers would look a trifle odd at first; but when we once became accustomed to the fashion, we should say, "Neat but not gaudy," as the monkey said when he painted his tail, a streak of red and a streak of yellow.

Then so much "flummery" about one's sleeves. Surely thrille caps, flowing sleeves, under sleeves, wristlets, bracelets, and broad gay ribbons are not needed to give either beauty, dignity, or worth, to the arm of industry. At present articles are being worn about the wrists, technically and truly called puffs. If they were air-tight, they would make good life preservers, or if filled with hydrogen gas might answer for a balloon.

Some have what resembles a series of tunnels, arranged within each other, varying in capacity, from half-a-pint to four quarts, the lesser orifice encircling the wrist, the larger reaching well nigh the elbow.

The only clue I have been able to get, as to their object or utility, is to make the hand look smaller and more delicate; and truly it does look "tiny" enough, peeping out from beyond such a huge envelope. Then does not man's "broad big" hand need something to relieve its size, beside a plain coat sleeve? But *is it true*, that the hand is such a useless, graceless appendage, that we need to make it appear as diminutive as possible; or to cast it into the shade by muffs, and frills, as though it were a deformity?

No, rather say, "All honor to the toil-hardened hand," with its bones, muscles, and tendons well developed by useful labor.

Another evil, is that of keeping such a vast amount of clothing constantly on hand. It all demands care and must be looked over and over, to select the dress most appropriate for the time, and then, from a host of trimmings, some must be culled to match the dress and the occasion.

How one can want half a dozen dresses for cold weather, and a dozen for warm, is to me a great mystery. Surely one would think with Mrs. Swisshelm, that one would want a fire to relieve an overstocked wardrobe occasionally, if there

were no other way of getting rid of such a nuisance.

Often young Misses, and some whose years should have made them wiser, spend two hours to dress for church, a party, or a ride; with a hand or two to help them put on, take off, select, advise, compare, &c. Ten minutes, or at most fifteen, should be sufficient time for any woman to dress for any occasion, a wedding not excepted; though the bride who might be supposed to be somewhat agitated, and somewhat more particular than usual, might be excused for taking a little more time. Though I remember well to have attended the wedding of a friend, and arriving at an early hour, was sent by the mother to her daughter's room, to see if she would like my assistance in dressing. To my surprise, I found her yet in her calico, busy washing, combing, brushing, and dressing all her younger brothers and sisters, of which she had a "goodly number." When this was done, the guests were gathering fast; but the dear girl was attired in due time, and a neater, sweeter bride, one would have to go far to find. Many lips spoke in praise of her beautiful and simple attire; and many eyes would doubtless looked sharp for faults, had they known that she had made herself ready for her marriage, with about one-quarter the time and thought they had expended in preparing to witness the ceremony.

Let one have a suit for the season always at hand, always in rig, and then one can be ready to obey any summons on short notice. Let it be of some durable material; for it not only costs money to buy, but that which is still more precious, to select, to fit, to make. Then one feels so much more at ease, and at home, in a garment that you are familiar with. To me a dress is like an old friend, the longer worn, the dearer it becomes, until, like some other faithful, but well nigh worn out servants, it is still cherished for the good it has done.

Among the labor-saving inventions of this age, pray let one appear in the shape of a suitable attire for woman.

Forest City Water-Cure, Ithaca, N. Y.

WATER-CURE AT HOME.

BY A FRIEND OF HUMANITY.

I WILL give you the facts of a case in my own experience. In March, 1843, being in bad health and pregnant for the fourth time, and having lost all confidence in our former physician (an Allopath), I went to a Thomsonian Infirmary, and endured the torments of a course of medicine, which left me in a much worse state than it found me. I continued the use of Thomsonian medicine for a few weeks, when I found I was growing "no better very fast." I was suffering from indigestion, constipation, neuralgia, and a train of evils—was quite unable to labor. In June I was examined by a person who had been studying Preissnitz's mode of practice, and who ordered me to abandon the use of tea and all kinds of medicine, using water only as a drink; and to take a sponge-bath in the morning, followed by rubbing, and change of clothing. For prolapsus uteri, a sitz-bath, mid-forenoon and afternoon: for neuralgia—a towel wrung from cold water applied to the seat of pain, and much friction to the extremities. A plain and

regular diet. I followed the prescriptions to the letter. In July I attended a course of physiological lectures, and heard much which encouraged me to persevere. In September I dismissed my hired help, and did the work for a family of six up to the day of confinement. I suffered much less than formerly during parturition; and what was above every other consideration, I was delivered of a healthy son, who is now more than six years of age, and has never taken medicine, nor known ordinary sickness, notwithstanding he has had the measles and hooping cough; but nothing has ever kept him from active exercise every day.

I feel confident that the Journal is doing a good work in this place. May you long continue your labor of love, and be sustained by an intelligent community throughout the whole country!

THE HYDROPATHIC ENCYCLOPEDIA, a system of HYDROPATHY and HYGIENE, in eight parts, designed as a GUIDE to FAMILIES and STUDENTS, and a Text-Book for Physicians, with numerous illustrated engravings. By R. T. TRALL, M.D. New York: FOWLER & WELLS, publishers. Price, 25 cents each part, or \$2 for the complete work.

THIS ENCYCLOPEDIA is divided into parts, containing,

- I. THE OUTLINES OF ANATOMY, ILLUSTRATED.
- II. PHYSIOLOGY OF THE HUMAN BODY, ILLUSTRATED.
- III. HYGIENIC AGENCIES AND THE PRESERVATION OF HEALTH.
- IV. DIETETICS AND HYDROPATHIC COOKERY.
- V. THEORY AND PRACTICE OF WATER TREATMENT.
- VI. SPECIAL PATHOLOGY AND HYDRO-THERAPEUTICS, including the nature, causes, symptoms, and treatment of all known diseases.
- VII. APPLICATION TO SURGICAL DISEASES.
- VIII. APPLICATION OF HYDROPATHY TO MIDWIFERY AND THE NURSERY.

THE FIRST PART of this work is now ready for subscribers. It may be ordered and sent by mail to any post office. We shall refer again to this most valuable work. It is a noble contribution to our water-cure literature, and the cause of Hydropathy.

Miscellany.

OUR NEW VOLUME—Already are our friends and co-workers proving their faith in the glorious principles of Hydropathy, by coming forward in large numbers, thus early, with lists of subscribers, more numerous than ever before.

Indeed, every man and woman, who have become well acquainted with the Water-Cure Journal, and appreciate the truths which it advocates, work for it wherever and whenever an opportunity presents.

We have "VOLUNTEERS" who feel it a DUTY and a PLEASURE to make the world acquainted with the laws which govern Life and Health. They who have themselves been blessed with physical salvation know how good it is. Hence their willingness to recommend it to others, that they too may be made HEALTHY and HAPPY.

Agreeably to a very prevalent custom, the Publishers of the Water-Cure Journal have determined to present to those who form CLUBS, as a reward for their noble and generous services,

A NEW PREMIUM.

TO THOSE who send us FIFTY SUBSCRIBERS for the twelfth volume of the Water-Cure Journal and \$25, we will send fifty copies of the Journal a year and a

complete set of the WATER-CURE LIBRARY, in seven large volumes

THOSE who send us ONE HUNDRED SUBSCRIBERS during the year and \$50, shall receive one hundred copies of the Journal, and two complete sets of the Library, and one hundred copies of the Water-Cure Almanac for 1852.

TO THOSE who send us TWENTY subscribers and \$10, we will send twenty copies of the Journal one year, and fifty copies of the Water-Cure Almanac.

THESE PREMIUMS may be sent by express at a very small Expense to any place desired.

SEVERAL PERSONS in a neighborhood may combine, form a club, and divide the premium.

MANY FRIENDS will do all in their power to extend the circulation of this Journal, irrespective of any remuneration, conscious of the good it will do to suffering humanity.

ALL SUBSCRIBERS will commence with the next volume (XII.), dating JULY, 1851, to continue one year.

We now confidently appeal to those who have received benefit from the reading of this Journal, to lend it their influence, to describe its merits, and present its claims to their friends in all parts of the country.

EVERY MAN AND WOMAN may become the means of saving human lives, relieving human suffering, and of preventing disease, by obtaining subscribers to this Journal. Are these not reasons sufficient to induce every one to respond to this appeal?

A few hours' time, a heart in the right place, and a head of liberal dimensions, are enough to secure all we ask, namely, the universal diffusion of the Water-Cure Journal. FRIENDS, may we hear from you again?

DEATH OF EDWIN J. MERCER.—We are pained and shocked to hear of the sudden death of this estimable citizen. He departed this life at about one o'clock on Thursday, the 17th April, after a few days' illness from an ordinary bilious fever, though, as the disease approached its fatal termination, it was called typhus or typhoid fever. Probably it was one of those cases, not uncommon, in which a mild type of fever is rendered malignant "by the deadly virtues of the healing art."

Mr. Mercer was extensively known as proprietor of a temperance eating-house, corner of Ann and Nassau streets. In personal habits he was very exemplary, and was not only an abstainer from all intoxicating drinks, but "temperate in all things." He had filled, with credit to himself and to the universal satisfaction of his constituents, the post of Assistant Alderman of the Second Ward, and he was a devoted friend and active member in many of our temperance, beneficial, and reform associations. Few men in our city had more warm-hearted friends, and we know not that he had an enemy. A few days ago he was among us, in the full vigor of health and strength. In the middle period of life, surrounded by an affectionate family, enjoying the friendly intercourse of an extensive circle of friends, and reaping the just rewards of a business conducted with strict integrity and reference to the public good, the prospect for a long life of usefulness and happiness was all that could be desired. But, alas! the destroyer came. From whence he came we say not. Why this man should have died so young, so strong, so full of life, so triflingly diseased, is indeed a "mysterious providence," unless we can find its solution in the misdirected efforts of those well-meaning physicians who verily thought they were doing God service in warring, with destructive poisons, upon the remedial powers which he has implanted in the human constitution. *Peace to his ashes!*

THE WATER-CURE IN IRELAND.—By the last steamer we received, from Mr. EBBENR. SHACKLETON, an engraved view of the first Water-Cure establishment erected in Ireland. It is situated at St. Ann's Hill, Blarney, near Cork, and is managed by Dr. BAR-

TEN, member of the Royal College of Surgeons in London.

"The establishment has been expressly built for hydropathic purposes, and visitors from various parts of the world have declared, that for salubrity of situation, the purity of its numerous springs, and the variety and convenience of its baths, it stands quite unrivaled. The private walks extend for several miles through wood and open country, and a pleasure ground brilliantly lighted with gas, a well stocked fruit and vegetable garden, billiard room, ice house, dairy, &c., are attached to the house, and every attention is paid to the comfort of the patients."

IRELAND will yet be redeemed, her people disenthralled, not only from drug doctors, but some other evils too vile and wicked to mention. May the principles of hydropathy renovate, purify, and instruct the ignorant and protect the innocent. Success to the Water-Cure in Ireland!

GOSSIP FROM BOSTON.

BY NOGGS.

DEAR GOSSIPS:—Among all the higher and lower law talk, even in these days of fugitiveness, and when money is so tight that it takes two pair of Dr. Hitchcock's patent forceps to draw one dollar from some folks' coffers—aye, even in these latter days, when Hydropathy, in the natural way, is ruling and overruling all the land round about the sea—cleansing, as never before, the wharves, stores, and cellars, and making wharfingers and wharf rats scamper like the Dutch; and trees, which have shaken their heads in proud defiance to the winds, challenging old Boreas to do his hardest, have all at once been prostrated in the dust, with their heels now where their head used to be; when houses, with inmates locked in slumber, walk off upon the mighty waters at high tide, and get themselves down miles away from their original locality; and children, left by washerwomen, are found floating in the cradle and on tables, within two feet of the chamber floor, by the anxious mother, who had to be ferried in a boat to get at 'em—even in these days of marvellous doings, I say, the wonders of the Water-Cure are absorbing the attention of the multitude, male and female, rich and poor, and those of high degree.

Yesterday, riding in the cars, I overheard a lady and gentleman talking about the use of cold water in sickness. One said she "had lately got into the habit of bathing every morning in cold water, and she really believed it had helped her cough more than all the medicine she had ever taken," and she had taken pints of cod liver oil, quarts of Schenck's balsam, and almost every other kind of nonsense made and provided.

The gentleman remarked that he "was convinced that cold water was the best medicine in the world, and if folks only knew how, and were not afraid to use it, they might save themselves a great many dollars in the course of a year, besides much sickness and trouble." I innocently inquired of them if they would put a sick child, all burning up with fever, into cold water. "Put 'em in!" said the woman. "Yes, indeed I would, and keep 'em in, and keep putting 'em in." "Well," said I, "I've heard there was a law to prevent cruelty to animals, and now I see the necessity of it!"

"Cruelty!" said she; "it is the concentrated essence of kindness compared with the way I used to doctor my children; pouring down senna tea, giving 'em rhubarb and molasses, pounded pills, &c., &c., holding their noses and hands all the while."

"Yes," said I, "that was disagreeable, I know; but 'whom we love we chastise.' It cured 'em, didn't it?" "Well, I don't know about that," said she; "it seemed to, sometimes, but it was only temporary at best, and in a few days I had to repeat the 'cure,' till one of my boys would burst out a crying whenever he saw me come into the room with a spoon in my hand."

"But," said I, with a posing air, "you did not do anything to make him catch cold, as you do now."

"Why, as to that," said she, "my children used to take cold a great deal oftener than they do now, for the medicines used to leave them so weak and nervous, that the slightest exposure would affect them seriously; but now, using the cold water on 'em freely, seems to harden 'em, and they are out in all weathers, and never have anything like a cold."

In short, I had to "give in," especially as I found they wouldn't.

Yes, go where you will, you will find the sober, intelligent, thoughtful people, all, or nearly all, in favor of the "new dispensation;" and Dr. K. says, that "there is already enough public water-cure sentiments afloat in the community to destroy the pernicious errors of the allopaths for ever. Only give it time to do its work."

By the way, where is "Quoggs?" My love to him, and tell him, as he is almost the only man whose name will rhyme with mine, that I feel a fellow-feeling for him at once, and fain would hear from him again.

As for Boston, it is once more quiet again. The opera has taken the attention of the people.

The effect of the beautiful and all accomplished Truffi's voice, is like oil upon the troubled waters; proving that "music has power to charm the savage breast." Indeed! Aye! Music is better than physic any day, even to cure diseases, for it will soothe the disturbed equilibrium of the nervous system, when physic only increases the disturbance. In fact, there is nothing in nature, elemental or otherwise, so poorly adapted to cure disease as drugs, "our folks think."

"NOT HYDROPATHIC."—GENTLEMEN:—Aside from a conversation in which I was to-day engaged, and the information therein gained to me, from late visitors to your city, I might never have referred as now by note to you respecting a notice in your valuable Journal, April number, 100th page. "NOT HYDROPATHIC.—We had supposed, until informed to the contrary, that Miss Mowry, of Providence, had adopted the water-cure practice, but it appears we were misinformed."

I noticed this with surprise at its appearance on first receiving the April number; was subsequently reminded of it by some of my patients, who were in full water-cure treatment. I felt unpleasantly, but determined to let it pass, with its consequences (which certainly are not favorable for me), until moved by to-day's information, regarding its probable original cause of appearance, and advised to write to you respecting it, to clear myself from any intention at deception regarding my practice. Of such *intention my conscience is clear*. In my first letter to you, of date January 14th, 1851, I as definitely as possible explained to you my position, my mode of practice, my reasons for any complication, and my diligence to influence, in as far as I could, the love and prevalence of Hydropathic treatment, and I believe I may most truthfully assert that nine-tenths of my patients ultimately come to adopt that exclusively. I know that I am at the mercy of the statements of opponents either in practice or sex. My desire and design is to do as seemeth to me most consonant with right and truth, awaiting the result as it shall yet appear.

As at the time of writing, January 14th, among others, I referred to you for reference to Mrs. Davis, who, with Mrs. Johnson, will in a few days be in your city, I would here again allude.

I pray you receive this simply as I have been prompted to write, as deeming it due from myself, if you have felt to be deceived or misinformed, as well as sustaining my relationship to Hydropathic advocacy, in which mode of treatment I have now one dear patient laboring in your city.

In true reverence for all good, yours,

MISS M. H. MOWRY, M. D.

PROVIDENCE, April 28th, 1851.

[We are always glad to correct an error. The above explains itself so far as it goes, and we cheerfully give it a place in the Journal. We did not intend, in the notice quoted, to intimate that Miss M. had attempted deception on us. We had every reason to regard her as both honest and honorable. Seeing her "card" in the *Water-Cure Journal*, it was quite natural for our readers to suppose her to be neither Allopathic, Homoeopathic, Eclectic, or any thing else but HYDROPATHIC. Had Miss M. "defined her position" in her "card," then no one would have

drawn a wrong inference in regard to her mode of practice.]

THE EXPERIENCE OF A TOBACCO-USER.—Let those about to undertake the *manly* practice of chewing or smoking tobacco, read "THE AUTOBIOGRAPHY" in the present number. He will therein obtain some hints which *may* be of service to him.

A GREAT DISCOVERY.—An Allopathic doctor has recently discovered that "too much water is highly dangerous!" He assures us that "he has known it to cause the death of more than a number of individuals." Ergo, water should never be used, except in small doses, to be mixed with brandy and molasses. It will be highly dangerous in cases of high fevers, even to dip the ends of your fingers into cool water. But when the stomach cannot bear anything stronger, it will be necessary to draw a blister with mustard poultice *outside*, and a little calomel, hot-drops, or some other exciting stimulant, with a little water, *inside*.

The patient should bear in mind that *water* is never to be used, in any case, except under the *special direction* of a "regularly-educated physician." For if he should, the chances are ten to one he will recover without the satisfaction of even consulting or "feeling" his "regular family" allopathic physician.

All good and law-abiding citizens will therefore remember and keep out of deep water, pure water, or any other kind of water, except such as may be prescribed by a cod liver oil doctor. For what else was water made but codfish? to put into "toddy," and Old Doctor Jacob Townsend's Sarsaparilla?

DR. QUOGGS, TO DR. NOGGS.

DEAR DOCTOR NOGGS:—What, in the name of colocoquintida, has become of thy contemporaneous friend of the Boston Medical Journal? Has he, in a fit of spasmodic inadvertence, swallowed a dose of his own medicine, and gone—gone to—O it's too melancholy to mention. It seems impossible to account for such carelessness, except on the principle that the man supposed he had jumped over the mountain or moon, I forget which. I'll tell thee how 'twas. Just to amuse the children, he got up a story that, by running three miles to gather sufficient force, he had leaped over a hill a mile high! The anecdote was excessively tickling to the little folks, and so he kept telling it right over and over; and when he had waxed old and memory had become rusty, he disremembered how the story was originated, and verily believed it was all a reality. Mayhap thy allopathic neighbor has published in his paper so many times the story of the *virtue* wherein a poison sent into the body drives all the diseases out, as a singed rat scares all the mice out of the cellar, that he has come at length to forget that the whole matter was a humbug in the start, and now really thinks it's according to nature, and science, and experience, and every thing else.

Does thee inquire why I ask? Because he has not edified the profession with a single syllable about hydropathy going down, since, between us, he caught a *drubbing*-sheet on one side and a douche on t'other. Do tell me, is he above ground or below; and if above, what is he doing?

I'm somewhat swamped on another subject. How is it that our big cities can spare so many of their big doctors to go to the South Carolina Convention just now? New York has sent off *one hundred*. Perhaps humanity wouldn't suffer much more, though undertakers might, if two or three hundred more were to lay off for a few weeks.

But here's the idea. What is all this grand gathering about? Every year since water-cure became a fixed fact in this country, the regulars have had a national convention. This is the third. They *say* they

are going to elevate the profession, when they are only thinking of regulating public opinion. But will they succeed? Not it. Public opinion is getting more irregular all the while. Folks are becoming awfully impertinent in these latter days. They won't believe a white black-bird is a red blue-jay because the doctor says so. Time was when, if a baby had the mulliwhumbles, and the nurse inquired into the "natur" of what ailed its dear little bowels, and the doctor said, "It's irritation, ma'am," all parties were satisfied, the nurse because she had learned something, and the doctor because she hadn't.

Has thee observed—of course thee has—the kind of business this self-instituted Safety Committee transact at their convention? Their whereseases, and pre-rambles, and resolutions, might all be condensed into a gallipot by the following extract: That we are the only regularly qualified doctors; that all the responsibility of life and death rests on our shoulders, to which the people are in duty bound to look up; that physicians generally are not half qualified for their business, because *our* medical schools, finding doctor-making profitable to the professors, turn out M.D.s in droves; that the medical profession in general, and mankind in particular, so far as doctoring is concerned, are within the bounds of our legitimate jurisdiction; that the confidence of the people is all the while growing "small by degrees and beautifully less," for which circumstance there is no accounting; that something ought to be done to make the people appreciate regular allopathic drugging, but what, we can't tell for the life of us.

I would respectfully move the convention aforesaid to adopt the following, which I hope thee will second and enforce in one of thy most face-convulsing and side-shaking speeches:—

Whereas, we are the *legally* recognized guardians, keepers, and dispensers of the public health, with a slight squinting towards the public purse; and whereas, the law hath granted us special and peculiar privileges and immunities in the way of doctoring folks; and whereas, medical science as consecrated and conserved in us, is surrounded and fenced in, as it were, with numerous *statutory* provisions, all tending to *provide* for us a reasonable living whether the patients live or die; and whereas, if an unfortunate dose happens to send a customer to his final account, we are not accountable—when, as the poet says, "he that is robbed, not knowing what is stolen, is not robbed at all;" so he that is killed, not knowing what it was that killed him, is entitled to a certificate of burial; therefore,

Resolved *unanimously*, that all the delegates present, who have nothing to do at home, be resolved into a committee, whose duty it shall be to petition the legislatures of the several States to enact such laws as shall compel the people to have confidence in us. What kind of legislation is necessary, we can't exactly say; but something must be done, or the cause of medical science will be degraded, and we shall become "hewers of wood and drawers of water."

Remember me to all aquatic friends.

QUOGGS.

THE WYOMING WATER-CURE.—Our readers will notice the advertisement, on another page, relating to this new establishment. We are assured that it is, in all respects, one of the most delightful places in the county. This beautiful cottage was built expressly for hydropathic purposes, and will be conducted strictly on hydropathic principles. Drs. HAYES and WINCHESTER are competent to render this establishment one of the most popular in Western New York.

WE HAVE SUCCEEDED.—A few years ago, the *Water-Cure Journal* suggested (through a female contributor) a new style of dress, which has finally been adopted, and is now worn by large numbers of intelligent and respectable women. The new style

abandons tight lacing and street sweeping, and adopts a suit infinitely more healthful, convenient, economical, and, to our notion, vastly better looking. We shall prepare FASHION PLATES for the Journal soon, not from "Paris," but from AMERICA.

Our WOMEN cannot fail to be interested in the very sensible articles on Dresses, by Mrs. Gleason, written for this Journal.

This great reform belongs to, and must be carried on and established by women. We most cheerfully open the Water-Cure Journal to them for this purpose.

Mrs. Swishelm, Mrs. Bloomer, Mrs. Nichols (Editors), and other liberal, high-minded and independent women, have aided in bringing about this good work. "Short dresses" will soon be all the "go."

MOUNT PROSPECT WATER-CURE.—In our March number a brief notice of this establishment was given. We now present (see advertisement) an engraved view, with full particulars of the same. Among other excellent regulations of this establishment, we commend the following:

"The use of tobacco, alcoholic and strong drinks of every description, are strictly forbidden admission into the Institution; and on no account whatever can a patient be received as an inmate who persists in its use. When a man 'can take fire in his bosom, and not be burned,' then, and not till then, may a Water-Cure patient use alcohol and tobacco, as a necessary *adjuvant* to the removal of his disease."

The physician, Dr. BARRETT, is said to be one of the most competent in the profession. We bespeak something more than a "prospect" for the Binghampton Water-Cure.

ONE HUNDRED DOCTORS, regular allopaths, sailed from New York, on the 3d of May, in the steamer Southerner, to Charleston, South Carolina, to attend the NATIONAL MEDICAL CONVENTION. We have sent out a reporter, who will furnish the readers of the Water-Cure Journal with the proceedings of this august body, who have appointed themselves to "save the union" of doctors. Each of these hundred doctors, who sailed from New York, was supplied with "new saddlebags," containing a great quantity of pills, plasters, blood-suckers, together with a few barrels of pure genuine cod liver lard oil, put up in large quart bottles, which they expected to "peddle off" to pay traveling expenses. We shall await, with great impatience, the dispatches from our reporter. We hope no accident will befall this chosen band while on the water, for should an explosion take place, they might get a "ducking."

These doctors had the good sense to procure passports before sailing, which will secure them from the danger of undergoing the usual indignities of imprisonment, with other fugitives, while they remain in a Southern port. We hope they may be returned to their masters without unnecessary delay or expense. Double Eli D. Reese has been put under the special charge of Mrs. Partington, who will keep him out of mischief, and from quarreling with the children of Hahnemann.

NEW GREENBERG WATER-CURE.—This establishment, located near Utica, N. Y., is now in successful operation. The proprietor, Dr. Holland, has secured the services of B. Wilmarth, M.D., who, after twenty years' experience in the allopathic practice, embraced the Water-Cure some four years ago, in which he is said to have been very successful.—See advertisement.

THE ATHOL WATER-CURE.—By reference to advertisement, it will be seen that this "cure" has changed hands, and is now under the management of Dr. J. H. IRRO. We hope he may prove heroic in the saving of human life, and in the curing of disease. This establishment is pleasantly situated in the midst of a very populous region in Worcester County, Massachusetts.

TO OUR TWENTY-FIVE THOUSAND SUBSCRIBERS.—It will doubtless quite surprise some of our readers when we inform them that we can no longer supply back numbers of the present volume, notwithstanding a second edition of the earlier numbers has been printed. The demand has greatly exceeded our highest expectations.

While we rejoice at the rapid increase of our subscription list, we regret that we cannot supply all who desire the back numbers.

A NEW VOLUME OF THE JOURNAL will commence with the next number, which will go to press immediately, and be issued early in June. NEW SUBSCRIBERS will commence with that number, and continue a year from July, 1851.

It will give us pleasure to supply present subscribers with missing numbers when possible. Those who re-subscribe early will be sure to receive complete sets. A very large edition will be printed of the new volume, commencing with the JULY NUMBER.

THE BRATTLEBORO' WATER-CURE.—On another page will be found a fine engraved view representing this establishment, together with an advertisement descriptive of the same, to which we refer the reader.

We have a partial promise from Dr. Wesselhoft of a report of cases treated at his establishment during the past year. When received, it will give us pleasure to present it to the readers of the Water-Cure Journal.

Varieties.

FAMILIAR CORRESPONDENCE.—Now that it will cost but THREE CENTS for the transmission of a letter three thousand miles by mail, we have no doubt our friends all over the world will write us more frequently than under the higher rates. A few years ago, when ordering the Journal or any of our other publications, they were required to pay A QUARTER OF A DOLLAR for postage, and that too for no more than for which they will now be required to pay only "three cents!" Of course, everybody will provide themselves with postage stamps with which to prepay all letters, otherwise the postage will be five instead of three cents.

The day on which this new cheap postage law takes effect should be celebrated by every man and woman in our nation. Let each and every one write and mail at least one letter on that day, and direct it to the Water-Cure Journal, enclosing one dollar for a year's subscription thereof, in commemoration of one of the greatest events since the establishment of our Government.

WHO CAN BEAT IT!—There are seven post offices within a circle of eight miles from this (Morris). Our village contains only five hundred and twenty inhabitants, and we poll on an average about four hundred and thirty votes in town. There are 4 daily, 18 semi-weekly, 185 weekly, and 165 monthly papers regularly taken from this post office, making thirteen thousand seven hundred and forty papers in a year; and we speak of it with a deal of gratification as also showing the intelligence of the community, that, of this number, ninety-six monthlies are from the well known publishers, FOWLERS & WELLS, 131 Nassau street, New York.

[We clip the above from the *Village Advertiser*, published in Lewisville, Otsego county, New York, where our excellent friend, A. S. A., has thus thoroughly introduced our various publications. THE STUDENT and the PHRENOLOGICAL JOURNAL are published at the same office with the WATER-CURE JOURNAL, each of which has a large circulation wherever they are known. We hope the time is not far distant when these three monthly publications shall find a place in the hands of every family throughout our country. Education, health, and the development of BODY AND MIND, are among the objects of all these works.]

Business Notices.

TO SUBSCRIBERS.

With the next number, VOLUME TWELVE OF THE WATER-CURE JOURNAL commences.

We hope to be able to record the names of at least TWENTY THOUSAND NEW subscribers to this Journal during the year 1851. FRIENDS, WHAT SAY YOU? SHALL WE DO IT?

A FEW MOMENTS' TIME is usually enough to convince every reasonable person of the great superiority of the Water-Cure system over that of all others known in the healing art. Ye who know the truth, promulgate it.

THIS JOURNAL will be sent in clubs to different post offices when desired; as it frequently happens that old subscribers wish to make a present of a volume to their friends who reside in other places.

FRIENDS AND CO-WORKERS in the advancement of the WATER-CURE will see to it, that every family in the land is provided with a copy of this Journal.

MONEY on all specie-paying banks may be remitted by mail, in payment for the WATER-CURE JOURNAL.

SUBSCRIBERS can mail gold dollars, one, two, or three bank notes in a letter, and not increase the postage.

CLUBS may now be formed in every neighborhood throughout the country, and be forwarded at once to the publishers.

IT HAS BEEN SAID, and it is believed, that a greater blessing cannot possibly be bestowed on the human race, than the universal diffusion of the LIFE AND HEALTH PRINCIPLES advocated and taught in the WATER-CURE JOURNAL.

REMITTANCES IN DRAFTS on New York, Philadelphia, or Boston always preferred. Large sums should be sent in drafts or checks, payable to the order of FOWLERS AND WELLS.

ALL LETTERS addressed to the publishers should be plainly written, containing the name of the POST OFFICE, COUNTY, and STATE.

SPECIAL NOTICE.—All letters and other communications designed for the Journal should be POST PAID, and directed to FOWLERS AND WELLS, No. 131, Nassau-Street, New York.

A GOOD RESOLUTION.—A young man in Ohio, who has been restored to health through advice contained in the Water-Cure Journal, has pledged himself to devote two days in each month, in obtaining new subscribers. He has already sent us several large clubs from the surrounding towns. He has induced almost every family in his own neighborhood, to take the Journal. Many, many thanks will he receive.

WANTED.—Subscribers and agents will confer a favor on the publishers, by returning duplicate copies of the FEBRUARY and APRIL numbers of the present volume of the Water-Cure Journal.

THE WATER-CURE JOURNAL.—It is a perfect marvel how this Journal can be afforded for only one dollar a year.—*Plaindealer*.

[The Journal has found favor with the women and mothers of our nation. They have given it an extensive circulation. This is why it can be afforded at so small a price.]

IN BANGOR, ME.—Our publications may always be found for sale at the store of Mr. WM. LEWIS.

TO EDITORS.—Of whatever we have, "Ask and ye shall receive."—PUBL. W. C. J.

To Correspondents.

DIABETIS, &c.—J. A. F. M. D., Cleveland. The case connected with emissions and a consumptive diathesis, of which you forwarded a description, is certainly unpromising; yet, under the full treatment and quiet of a country establishment, we would not despair of a cure. He wants the wet sheet packing daily, and sitz-baths three or four times a day, with cold injections frequently; a very plain opening diet is also necessary; and he should be kept out-doors as much as possible.

LUMBAGO, &c.—B. C. H., Miss. Cases like yours are constantly treated at the establishment, and with almost uniform success.

INFLAMMATORY RHEUMATISM.—"Hydropathy" of Indiana, should not be ashamed of his real name if he wants our advice gratuitously. He asks us to write a letter for his especial benefit, to a fictitious address! As far as the rheumatism in the ankle and knee is concerned, he may cure it if he will by a few wet sheet packs, and a wet bandage upon the part affected, provided the diet is plain and simple.

BILIOUS DIARRHŒA.—A subscriber in Brooklyn, Michigan, who is subject to frequent attacks of bilious diarrhœa, wishes to know the best treatment: Copious tepid injections until the bowels are thoroughly cleansed, then moderate cool injections; the hip bath and abdominal girdle are useful auxiliaries. The way to prevent such attacks, is the adoption of a hydropathic diet.

SICK HEADACHE.—G. G. F., Laurence, Miss. Cases like yours almost always originate from a bad state of the liver, of which the head affection is symptomatic. General treatment must be attended to. The best general baths are, the wet sheet packing and rubbing wet sheet. The half bath and wet girdle are the appropriate local baths. The diet is always of first importance: it should be plain, coarse, and a good proportion sufficiently hard to require considerable mastication. For an example, Graham bread, apples, and parched corn.

WORMS.—W. A. S. The hydropathic treatment for worms is, copious tepid injections to cleanse out the viscid slimy secretions in which the animals are imbedded, and very plain, coarse diet to remove the condition upon which their existence and development depends. Unfermented wheat meal bread, and plenty of good apples, are an example for a perfect dietary system in the case. Relief is obtained by the expulsion of the worms; but like all chronic maladies, a cure is only to be effected by restoring healthy action and secretion.

SYNOVITIS.—W. B. S., New-Haven. It is impossible to decide in the case of your brother, whether the lameness of the leg is dependent on an inflammatory state of the synovial membranes of the knee joint, constituting the disease called *synovitis*, or a paralytic state of the muscles consequent on constipation or some other functional derangement. He ought to go to an establishment, or to some hydropathic physician, for a thorough investigation of these circumstances.

CATARACT.—M. M., Newport. From your description we should judge the case presented to be incipient cataract. Local applications to the eye are of no use, without especial attention to general treatment at the same time. The patient requires the application of the full complement of hydropathic appliances to promote absorption, and arrest the further deposition of matter. At the same time the diet must partake a little of the "hunger-cure" philosophy. If the case has already gone too far for medication, there are good operative oculists in this city, and undoubtedly elsewhere; but we can only speak of what we absolutely know.

MORE RATTLESNAKES.—A friend in Illinois, writes: "We have plenty of rattlesnakes in this country, and would like to know the process you would have adopted in the case of Dr. Wainwright, who died in your city from a bite two or three years ago." Dr. W. was bit in the arm, which rapidly swelled; the inflammation soon extended to the body; mortification soon followed, and he died in a few hours. His blood and body were in a gross, impure, inflammatory state, or the result could not have been so suddenly fatal. We should rely on the wet sheet, so managed as to promote considerable sweating. It should be applied promptly and repeated frequently, till all inflammatory action subsides.

A FRIEND OF THE CAUSE, dating from Worcester, failed to give us his NAME. We are always glad to receive the friendly criticisms of our subscribers, when given *openly and understandingly*. We shall endeavor to direct our ship according to our best judgment. Thus far, we are well pleased with our progress and success. If any of the "friends to the cause" can advise us, so as to still further enhance our usefulness, they will place us and the public, under still greater obligations. We shall be happy to entertain any reasonable propositions compatible with these objects.

Book Notices.

THE STUDENT: a Family Miscellany and Monthly School Reader, devoted to the PHYSICAL, MORAL, and INTELLECTUAL IMPROVEMENT OF YOUTH, embracing the Natural Sciences, Biography, History, Phonography, Drawing, and Music. N. A. CALKINS, Editor. FOWLER & WELLS, Publishers. Terms, \$1 a year in advance.

This popular monthly has just entered upon its second year. A year ago, its circulation was less than two thousand copies, now it has EIGHT THOUSAND, and we have no doubt it will reach from ten to fifteen thousand, before the close of the present year.

The title "STUDENT" is not in itself attractive. It sounds to young people, "too much like work," but we can assure them it is one of the most agreeable companions with which they can possibly be entertained. It is at once a *Museum*, a *Cabinet*, an *Historian*, a *Draftsman*, an *Orator*, a *Poet*, a *Teacher*, a *Botanist*, a *Chemist*, a *Physiologist*, an *Astronomer*, a *Story Teller*, a *Musician*, and in fact, just the thing that girls and boys, young men and young women, parents and teachers, ought to have, and would have, if they only knew its real value. It is adapted to the capacity of "every body, big enough to read," and "not too old to learn."

THE STUDENT should be introduced into every family, whether they have children or not.

HARPER'S MAGAZINE.—The leading article in the last number, is a full description of the Novelty Iron Works in this city, by Jacob Abbott, illustrated with eighteen original drawings. The whole process of making a steam engine, from the first moulding of the different parts, to its final erection in the hold of some huge sea-steamer, is described. It is useless to say that such an article is both instructive and pleasing; we should be glad to see it followed by others of a similar character, in which all the larger industrial establishments of the city might be given.

This is in keeping with the suggestion in our first notice of this magazine, and if followed up, will render it altogether a most acceptable publication, *excepting* the Fashionable plates, which are usually horrible. Terms \$3 a year. New York: HARPER & BROTHERS.

THE INTERNATIONAL MAGAZINE.—STRINGER & TOWNSEND have given a distinctive character to their new monthly, in those profuse and always readable notices of authors and books which make up so large a part of each number. They have, besides, in each number, fine portraits of distinguished men, with discriminating notices, by Rufus W. Griswold, which we always read with interest; besides these, there are other illustrations, with a choice selection of stories, essays, reviews, and historical records.

Two large octavo volumes, with upwards of six hundred pages each, have already been published, and may now be obtained in substantial binding. With the exception of those barbarous screwed-up fashion plates, we can commend this magazine. Terms, \$3 a year.

THE AMERICAN JOURNAL OF INSANITY, Published Quarterly, by the New-York State Lunatic Asylum, at Utica, N. Y. Terms, \$2 a year.

This is the leading American serial devoted to the subject of Insanity. Every physician should have a copy of this work. It should also be found in every public library.

PSALMS OF LIFE: a Token for the Many. Compiled by J. OLNEY. Hartford: BROCKETT, FULLER & Co.

The author has it "Psalms of Life;" we should say *Songs of Life*; but never mind the name, 'tis a little book, full of lively songs, such as all but Quakers like to hear, and even they, if it were not thought to be *wicked* to exercise the organ of Tune, even when "rocking the cradle." We find in this collection many familiar old songs, such as "Eternal Justice," by Charles Macey; "Never Give up," "Press On," "Wait a Little Longer," "Hope On," and more than a hundred others of the same good spirit. These are "SONGS FOR THE PEOPLE," cheerful and hopeful; every body should have it. Price only 37 cents.

THE VOLCANO DIGGINGS: a Tale of California Law. By a Member of the Bar. New York: J. S. REDFIELD.

A brief history of California life—cooked up in a very palatable yet strictly judicial style. Those who contemplate a visit to that country should by all means read the work.

ANNUAL REPORT of the City Inspector of the number of DEATHS and INTERMENTS in the City of NEW YORK, during the year 1850. By A. W. WHITE, M.D.

We cheerfully acknowledge our obligations to the author for a copy of this very satisfactory Report. It is the most complete and systematic Public Document ever presented by any City Inspector. We shall extract such portions as will interest our readers.

EPISODES OF INSECT LIFE. By ACHETA DOMESTICA. Octavo, pp. 320. New York: J. S. REDFIELD.

Reader, would you believe it? the luxury of reading this beautiful book almost reconciles one to be bored to death even by MUSQUERONS, so charmingly is it written and printed.

Had this work appeared as a holiday gift-book, it would have found its way into every parlor where taste and intelligence prevail.

Without a single exception, we regard it the most beautiful specimen of illustration and typography with which the science of book-making has been graced. It is a model of excellence and beauty, unsurpassed in this or any other country.

Among the insects described and illustrated are the following:—Butterflies, crickets, flies, gnats, ants, spiders, wasps, bees, moths, water-devils; together with a vast amount of information respecting their habits, etc., etc., served up in such a manner as to prevent the reader from withdrawing until the reading is completed. It is a capital book for sick folks to read; no other medicine would be necessary, except in the most extraordinary cases.

ANNALS OF THE FAMINE IN IRELAND in 1847, 1848, and 1849. By Mrs. A. NICHOLSON. New York: E. FRENCH, 135 Nassau street. 12mo, pp. 336.

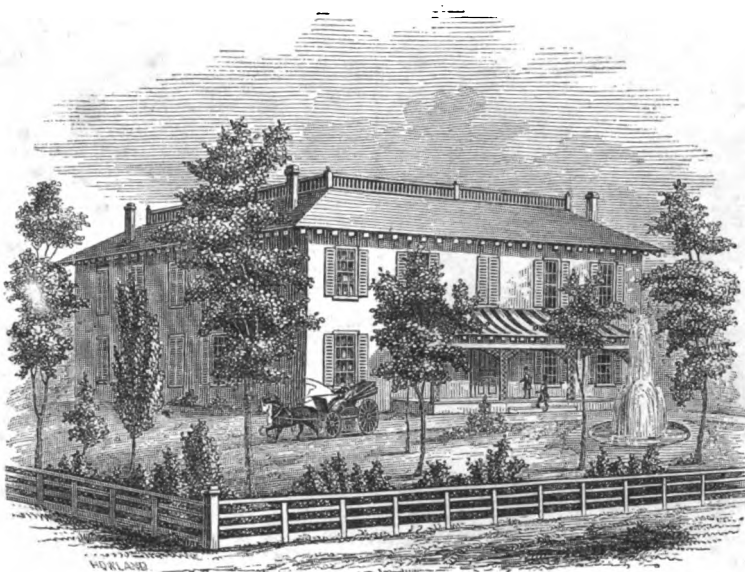
Filled to the brim with matter of the most thrilling interest. Who that is human can contemplate a picture like this without the deepest sorrow and compassion?—a picture representing men, women, and children, dying by starvation, in cabins, sheds, pens—in the open fields, on mountains, on the sea-shore, *anywhere*, throughout this beautiful island, by famine.

Thus were thousands of our fellow-beings "cut down;" and that, too, when they had earned, by hard labor, enough to feed twice their number. But it was taken from them by merciless landlords and wicked priests. We are assured that the priests in Ireland had vast sums of money locked up which they had wrung from the peasantry; and yet, with all these means at hand to obtain food, thousands were permitted to starve, or steal; and, if detected in the latter, were imprisoned, shot, or hung. This is charged to an "All-wise Providence," whose ways are "past finding out." In connection with this notice we herewith present a few authentic statistics, which may "let in the light" on this dark starving business:

"*Apostolic Bishops.*"—Within the last three years the archiepiscopal head of the English Church has died, and left behind him a fortune of £100,000, which he has bequeathed to his rich relatives, and not a penny to the poor! The twenty-five State bishops of England divide among them annually, as shown by a late Parliamentary return, the sum of £10,000 sterling! The sums they leave behind them at their deaths are enormous. From Parliamentary returns it is proved, as stated in the House of Commons, that eleven Irish State bishops left behind them amassed wealth to the amount of £1,875,000, accumulated within a period of from forty to fifty years. The following is the list extracted from the Parliamentary return: Probates of wills of Irish Bishops: Stopford, Bishop of Cork, £25,000; Percy, Bishop of Dromore, £40,000; Cleaver, Bishop of Ferns, £50,000; Bernard, Bishop of Limerick, £60,000; Knox, Bishop of Killaloe, £100,000; Fowler, Bishop of Dublin, £150,000; Beatesford, Bishop of Tuam, £250,000; Hawkins, Bishop of Raphoe, £20,000; Stuart, Bishop of Armagh, £300,000; Porter, Bishop of Clogher, £20,000; Agar, Bishop of Cashel, £400,000; making a total of £1,875,000. Such are the men who claim to be the successors in word and practice of the apostles, who said that "silver and gold they had none;" and who were commanded by their Lord to take neither scrip nor purse, nor two coats apiece! Blind indeed must be the man who believes that bishops of this stamp have ought to do with the kingdom of God or his Christ. It is literally blaspheming his worthy name, and bringing Christianity into contempt, to recount their names in the same category. Ravening wolves in the garb of sheep is their true and scriptural designation. Mammon is their god, and their lusts the rule by which they serve him. Only think of such men *consecrating* patches of ground for the dead, and imparting the Holy Spirit by the imposition of their soft and lily hands! Popular ignorance of God's word is their strength. Let this be dispelled, and they will appear in their true light—deceiving and deceived."

Here, then, is a solution to this most diabolical murder. While priests were *fattening*—faring sumptuously every day—thousands of people were starving and rotting.

We guess somebody will see some difference one of these days. Priestcraft has had its day.



WYOMING COTTAGE WATER-CURE, WYOMING, WYOMING COUNTY, N. Y.

This Institution is entirely new and now open for the reception of patients.

It is constructed after an original design, and will be finished in a modern style of cottage architecture. In its interior arrangements, the health, comfort, and convenience of the invalid have been carefully studied, and it is believed to combine all the advantages of the best class of Water-Cure houses in this country.

The location is high and airy; it has the advantage of retirement, with pleasant and shaded walks, and commands a fine view of some of the most charming landscape scenery in Western New York. The water is pure, soft, cold, and abundant.

The building will be warmed in winter with heated air, and ventilation is effected by a new and ingenious method, which secures a constant and moderate change in the atmosphere of each room, without creating unsafe currents of air. Connected with the Institution is a hall for gymnastic and calisthenic exercises, one hundred feet in length, it being the design of the Medical Directors to make regular physical exercise an elementary part of the treatment.

DR. P. H. HAYES, two years physician of the Greenwood Springs Water-Cure Establishment, and Dr. E. C. WINCHESTER, who has recently spent several months at the

Water-Cure Establishment of Dr. Joel Shew, and in attending the Medical lectures of the University of New York, are associated in the Medical and general care of the Institution.

Dr. Hayes and wife have taken great pains to investigate the nature, causes, and treatment of the diseases of females, and they will give especial attention to the treatment of this class of cases.

For the purpose of treatment, each patient must furnish two linen sheets, one woolen sheet, two large comfortables, and six towels.

Prices for board and treatment will range from \$5 to \$8 per week, payable weekly.

Wyoming is easy of access from several points on the Rail Road between Rochester and Attica, and from the Genesee Valley Canal; daily and tri-weekly stages connect this place with Batavia, Attica, Leroy, Genesee, Mt. Morris, and Warsaw, all of which places are within a distance of sixteen miles.

P. H. HAYES, E. C. WINCHESTER,

Physicians and proprietors.

Wyoming, May, 1851.

ju 3t

Mrs M. H. MOWRY, PHYSICIAN, No. 22 South Main street, Providence, Rhode Island.

my 2t

NEW GRAEFENBERG WATER-CURE.—Dr. HOLLAND takes pleasure in announcing to his friends, and those invalids desirous of trying Hydropathic treatment at his Establishment, that he has secured the services of B. WILMARTH, M. D., of Milford, Mass., late of Hope Dale Water-Cure, to aid, with his experience and skill, in their restoration to health.

Dr. WILMARTH has had twenty years Allopathic and five years Hydropathic practice. With such experience he feels confident that success cannot fail to crown his efforts.

This Establishment, having been in operation for the last three and a half years, during which time many hundred patients testify to its success, still affords peculiar advantages to invalids.

Connected with the Establishment is a large Ball Alley, kept exclusively for the recreation and exercise of the patients.

TERMS.—From five to eight dollars per week.

Patients arriving at Utica by railroad, will be met at the Depot or National Hotel, by giving a day or two's notice by mail. Address, Dr. R. HOLLAND, or Dr. B. WILMARTH, New Graefenberg, N. Y.

New Graefenberg, April, 1851.

my 1t

PUMPS, FIRE ENGINES, CAST IRON FOUNTAINS, ETC.—The Subscriber manufactures Double acting Lift and Force Pumps, well calculated for Factories, Mines, Breweries, Iron Works, Railroads, Water Stations, Water Boats, Steamboats and Ships, family purposes, Stationary or Movable Fire Engines, etc.

The above Pumps, from their simple construction and little liability to disorder, are well calculated for supplying Water-Cure establishments with water, (when not supplied by a natural source,) and can be worked in various ways, either by water power, horse power, steam or manual power, besides using the same powers for many other purposes when not in use for raising water, or even at the same time. Water can be carried over the grounds for irrigation, out houses, etc., or by means of hose and equipments inverted into a fire engine. Garden Engines, for one person to handle with a small double acting Force Pump, can be used for various purposes—washing windows, wetting plants, or throwing water upon trees for the purpose of destroying worms, etc., arranged on two wheels, that one man can take them from place to place, and work the pump and guide the stream at the same time.

Ornamental Cast-Iron Fountains of various patterns and sizes. Sets of all descriptions.

Cistern and Well Pumps. Also manufacture Lift Pumps, for cisterns or wells, of any depth, either to be worked by horse power or manual power. They are entirely of metal.

Force Pumps for Wells. Whenever water is required at a higher point than the surface of the well, or at any point where water will not flow of itself, and a Force Pump would be preferable, these are calculated for the purpose.

Village and Factory Fire Engines. These engines have a double acting lift, and force pumps. They are light, easily handled, and worked by few men. Brakes are arranged fore and aft, or across the ends.

They are furnished in a plain but neat style. Copper-riveted hose of all sizes. Stopcocks of all descriptions, Wrought Iron, Cast Iron, Lead, and Gutta Percha Pipes, etc. etc.

Purchasers are requested to call, or any communication by mail will receive due attention, and full descriptions given as to size of pumps, etc. G. B. FARNAM, 34 Cliff street, up stairs, formerly D. F. Farnam.

my 12t

AMERICAN HYDROPATHIC INSTITUTE.—T. L. NICHOLS, M.D., and Mrs. MARY N. GOVE NICHOLS, Water-Cure Physicians, have Removed to a Central, Spacious, and Convenient House, No. 91 Clinton Place, Eighth Street, near Fifth Avenue, and one block above "Washington Parade Ground."

This house is thus in the midst of the most beautiful portion of the City, and adjacent to its finest promenades. The Stages of the Waverley line pass the door, and several lines within a short distance. Here we are prepared to receive a much larger number of patients than heretofore, for full board or day treatment, and shall try to receive all who seek our aid. Even when our house is full, vacancies will be frequently occurring, and persons at a distance, applying by letter, will be informed of the earliest period they can be accommodated.

Our treatment is purely hydropathic. We have never found it necessary to give any kind of drug treatment in any form of disease. The water-cure, with its natural adjuncts, a pure diet, air, and systematic exercise, have proved effectual in disease which had resisted for years every mode of medication. In all our arrangements, we have endeavored to combine the most thoroughly curative treatment and regimen,

with the greatest amount of comfort and enjoyment; the quickening of the vital energies, by the the natural stimulus of genial society, and the excitement of a city life, seem to have a favorable effect on many diseased conditions.

As the Water-Cure is a natural system of curing disease, it is of universal application. In acute disease, it is the most safe and speedy method; in chronic, the most steady and sure. The relief it gives is real and permanent. There is no form of disease and no condition of the human system in which the Water-Cure, wisely applied, is not adapted to the wants of the vital economy. Health is the natural termination of disease; and the conditions of health are given by the Water-Cure.

We cure the most cases of such diseases as most frequently occur; the diseases of women, all forms of Scrofula, diseases of the organs of respiration, dyspepsia and constipation, skin diseases, cancerous and tuberculous affections, including pulmonary consumption, rheumatism, paralysis, epilepsy, remittent and intermittent fevers, the diseases of children, &c., &c. The philosophy of the Water-Cure, and our experience of its practice, assure us that there is no form of disease in which it is not the true and best possible remedy. We can make no exceptions, for we know of none. There are states of disease past all remedy, but even in these the Water-Cure is the best alleviation; and whenever it has failed, or seemed to be injurious, it must have been either from an incurable state of disease, or improper modes of treatment. Patients, especially the delicate, the feeble, and persons of low vitality, are doubtless sometimes injured; we often hear of such cases, but that should not be an argument against the Water-Cure, which is the result of its ignorant or injudicious misapplication.

Aside from its remedial virtues, the Water-Cure has some peculiar advantages. It allows of active habits and social enjoyments. Though somewhat expensive at the beginning, it is in the end the most economical system. Most of our patients, after remaining a few weeks, and getting proper instructions as to their disease and treatment, and well started in the road to health, complete their cures at home. Many, who reside in the city, only come for day treatment, living at home, and attending to their ordinary pursuits. Others merely come to us for consultations, examinations, and directions for home treatment. We receive letters of consultation from a distance, and send directions for treatment. We also attend to family practice in acute diseases, the diseases of children, and cases of childbirth.

Patients coming for full board or day treatment are required to provide themselves with one large cotton comfortable, four blankets, two sheets, and towel for bandages. These may all be procured here at very short notice.

Persons consulting by letter, should mention sex, age, condition, employment, domestic relations, health of parents and family, habits of living, former diseases and medication, state of lungs, digestion, bowels, renal and reproductive functions, sensibility to cold, and a concise history and description of their present ailments. The peculiar condition and diseases of the sex should also be carefully described. The requisite advice and full directions for home treatment can then be given.

TERMS OF TREATMENT.—The fee for consultation, personally, or by letter, is five dollars, in advance. Subsequent advice, if needed, for home treatment, one dollar.

The average and usual price of full board treatment is ten dollars a week. Ladies who come to us for confinement, will make special agreements; and in all cases where our services are required to administer the Water-Cure in childbirth, we expect an early consultation, and thorough preparatory treatment.

Day treatment, one dollar a day.

Family and obstetric practice at the usual rates charged by respectable physicians.

Consultations, daily, Sunday excepted, from 10 A.M. to 2 P.M. Persons wishing reduced terms, or advice gratis, will be cheerfully seen on Saturdays after 2 P.M.

For further and more particular information, the reader may procure Dr. Nichols' *Introduction to the Water-Cure* (price 12½ cents), Mrs. Gove Nichols' *Experience in Water-Cure* (price 35 cents), *The Water-Cure*, and *The Cures Removed* (gratis), all of which, if desired, we will send by mail; and our writings in the *Water-Cure Journal*.

THE INSTITUTE.—The rapid spread of Hydropathy, and the urgent demand for Water-Cure practitioners, with constant applications to receive students, have induced us to establish the first Medical School in the world based upon Water-Cure principles.

The AMERICAN HYDROPATHIC INSTITUTE will commence its first session, Sept. 15, 1851. There will be two sessions a year, of three months each, beginning on the 15th of March, and the 15th of September.

There will be from three to five lectures a day, with carefully directed readings, weekly clinics and examinations. Mrs. Gove Nichols will lecture daily on special subjects in Physiology, and give a full course on midwifery and the diseases of women and children. Dr. Nichols will combine the chemistry, anatomy, physiology, pathology, and therapeutics of the human system, and all its tissues and organs, into one complete, unique, and harmonious *Science of Man*. In lecturing on Hydro-Therapeutics, he will compare and contrast the Water-Cure with other methods of treatment for the prevention and cure of diseases. Every facility will be given to students, and competent professors will assist in the illustration of chemistry, anatomy, and operative surgery.

The institute will be opened to qualified persons of both sexes. Early application should be made, personally, or by letter, with testimonials of character, and competency for the office of a physician. At the end of each term, diplomas will be publicly conferred on such as pass a satisfactory examination.

The terms of the Institute are fifty dollars, in advance. This will cover all but board and incidentals. Board may be obtained at from two to three dollars a week.

No 91 Clinton Place, New York, June, 1851.



DR. WESSELSCHMIDT'S WATER-CURE ESTABLISHMENT, AT BRATTLEBORO, VT.,

Is situated on Elliot street, and consists of two neighboring houses, united in front by a saloon for social recreation, and in the rear by wings from each house, containing a large bathing house and rooms for patients. One of the houses is for ladies, the other for gentlemen.

In each house are all kinds of douches, spacious rooms for sitz-baths, two plunge-baths, supplied by a spring in the rear, and in the bathing-house two swimming-baths, each 25 feet by 15.

The establishment can furnish rooms for 120 to 130 patients. A number of rooms and bathing accommodations are besides to be had in the village.

Each patient is supplied with a good bed, consisting of a hair and palm-leaf mattress, and suitable furniture, which he is expected to return in good order. The rooms are all warmed in winter either by a stove or an open fire.

The dining-room, 50 feet long by 26 feet wide, is in the new building in the rear of the main houses, and connected with them by a piazza all around, affording a pleasant and extensive walk in sultry or wet weather. Patients, who cannot leave their rooms, have their meals brought to them.

Besides the baths in the house, there are four douche-houses within half a mile from the establishment, a spring and river douche with a showering apparatus, each with double rooms for dressing. In the spring douches is an eye and ear douche, and an apparatus for fourteen hip-baths of flowing water, and three rising douches. Shady walks, beneath the trees on the hill-side, lead to the douches and springs, with seats all around.

A short distance from the spring douches is a wave-bath, which receives its water from a branch of the Connecticut.

In every direction are found fine springs, and a beautiful and picturesque country affords the most delightful walks.

For the amusement and exercise of patients, as well as for orthopedic purposes, a large gymnasium, a billiard-room, and a bowling-alley, are attached to the establishment.

From Boston, New York, and Albany, patients can come by steam to Brattleboro.

The price for board, lodging, treatment, use of all baths that are considered wholesome, assistance of attendants, washing of bed-linen and chamber-towels, is for each patient \$10 a week in summer, and \$11 in winter; payment weekly. Patients residing out of the establishment pay \$5 a week. If they require special attendance, they are charged accordingly.

It is necessary for each patient to be provided with the following articles for their own use during treatment:

1. At least two large woolen blankets.
2. A feather bed or three comforters.
3. A linen sheet which may be cut, or at least a piece of linen 6 quarters of a yard long and 6-1 wide, as well as pieces of linen and cotton for bandages.
4. Two coarse cotton sheets.
5. Six towels.
6. An injection instrument.

These articles may also be bought in the village or establishment, or hired at fixed prices.

For gentlemen who keep horses, there is a stable near the house, and an ostler in attendance.

A sufficient number of waiters and nurses are always engaged, in proportion to the number of patients.

Very sick and helpless patients, or such as suffer under critical diseases of some violence during the treatment, have to hire a nurse or waiter, and to pay board for them at \$2 50 per week.

The doctor has, during the daytime, his office in the establishment, and takes his dinner there. He directs the patients how to proceed, instructs the nurses and waiters, and gives advice at any time when wanted. He does not suffer any use of baths without his advice, or of food which he considers inconsistent with the treatment.

As the number of places is still limited, patients will do well to make applications in advance.

☞ All communications must be post-paid.

On letters of advice a moderate fee will be charged. je 3t

WATER-CURE—Friends of Hydropathy, and the afflicted in general, are hereby respectfully informed that the Water-Cure Establishment of Dr. C. Baelz, near Brownsville, Pa., for the cure of chronic diseases, is now in successful operation. The flattering rise of this institution in public favor has induced its proprietor to add yearly improvements for the comfort and accommodation of the increasing numbers of visitors. Terms are \$6 per week, payable weekly. Two woolen blankets, two cotton sheets, three comforts, and six towels, have to be provided by patients. Letters post paid will receive due attention. Ap 1y

MAMMOTH WATER-CURE OF THE WEST—This establishment is situated on a commanding eminence adjoining the village of Harrodsburg, in Mercer county, Ky., being twenty-eight miles from Lexington, thirty-five from Frankfort, and eight miles from the navigation of the Kentucky river, near the geographical centre of the State, and is sufficiently large to accommodate five hundred patients. Every person at all acquainted with the West is too familiar with the beauties of natural scenery, as well as the artificial decorations, for which this place is so justly celebrated, to render any description or recommendation necessary. C. GRAHAM, M. D., Proprietor, E. B. THOMAS, M. D., Physician. my 3t

WATER-CURE AT VERONA SPRINGS, ONEIDA, N. Y.—The above establishment is situated in Verona, Oneida county, six miles south of Rome, four north of Verona, and two miles south of the railroad at Verona Station, in one of the most healthy and pleasant districts to be found in Central New York.

The attendants employed to wait upon the sick, are those of judgment, much experience, and kindness, and ever ready to attend to the wants and wishes of the patients. Terms from \$4 to \$7 per week. S. CURTIS, Physician. my 3t

SPRINGFIELD WATER-CURE—This is situated in Springfield, Mass., one of the pleasantest towns in the valley of the Connecticut. It is accessible from all points by railroad. In point of location and conveniences for the accommodation of patients, it is second to none in the country.

The high moral standing of this establishment is well known and appreciated. For further particulars, including terms, etc., address E. SNELL, Physician, or H. R. BARDWELL, Assistant. my 3t

LOCKE'S PATENT PORTABLE CHAMBER—Vapor, Douche, and Shower Bath Manufactory, wholesale and retail, by JOHN LOCKE, 47 Ann-street, New-York.

This Bath is acknowledged by all who have used it, to be superior to any thing manufactured for the purpose. It has received the following premiums:—In 1847, at the Rensselaer County Fair, N. Y., a Diploma; in 1848, at the State Fair, at Saratoga, N. Y., a Silver Medal; and at the Fairs of the American Institute, New York City, in 1847, a Diploma; in 1848, a Silver Medal; in 1849, a Diploma; and in 1850, a Diploma, in competition with many others, and is highly recommended by the most scientific men.

It may be converted into a simple or Medicated Vapor

Bath, by attaching a small apparatus with a spirit lamp, which is sold with the Bath if required.

Prices range from \$3 to \$18. Steam Generator, with its appurtenances, \$5. Persons at a distance desiring further information relative to size, style of finish, and prices, can, by addressing the subscriber, be furnished with a Circular containing particulars.

It has received recommendation from the following gentlemen:—O. S. Fowler, of the American Phrenological Journal; W. A. Hamilton, M. D., of the Troy Hydropathic Institute; F. Hunt, Esq., Editor of Hunt's Merchants' Magazine.

Extract from 2d Edition of Dr. Powell's Book on the Eye.—"I decidedly prefer Locke's Patent Combination Bath to all others. It combines economy, durability, simplicity, and portability. Mr. Locke has further added to its usefulness by connecting to the reservoir a fine tube, which answers an excellent purpose as an eye fountain." je 1t.

TO PERSONS AND COMMUNITIES INTERESTED IN THE WATER-CURE.—A gentleman, before of liberal culture, and who has devoted the last year to the study and observation of the Water-Cure, with the purpose of its practice, now regards himself as qualified to undertake that office, and offers his services to any community that will assure him a sufficient and liberal support, that will furnish him a stand-point whence, if he do not move the world, he may at least move about it; offers his services as a Physician, as a Teacher and Healer,—as a teacher, for the word doctor originally meant teacher,—a teacher of the laws of health, and as a healer and restorer, where men, unfortunately, from ignorance or otherwise, have departed from and broken these laws.

The above purpose, on the part of any community, it seems to the writer, may be accomplished by subscription, where there is disposition. I will take the charge, or engage as Assistant-Physician of a Water-Cure house, or engage as the resident Physician of any community, as above, whether in city or country. Of course, satisfactory evidence as to character and ability will be afforded, or there will be no engagement. Persons or communities interested will please address, C. L. Hosmer, N. Y. city.

To the friends of the Water-Cure I will say, that I shall be happy, from this time forth, and during the summer, to visit any places, accessible from New York, where the friends will make the necessary preliminary arrangements, and give an exposition of the Water-Cure, its principles and practice. Please address as above, to the care of Fowlers and Wells.

THE STUDENT: A FAMILY MISCELLANY AND MONTHLY READER. N. A. CALKINS, Editor. The Student is published monthly, containing thirty-two large octavo pages, and intended to supply FAMILIES and SCHOOLS with valuable reading, combining interest with instruction, and so arranged as to be ADAPTED TO ALL. It is, in every respect, a FAMILY PAPER, and is the only work of the kind published, that is adapted to ALL THE MEMBERS OF A FAMILY, and ALL READERS IN THE SCHOOL. It is devoted to the Physical, Moral and Intellectual Improvement of Youth: embracing the NATURAL SCIENCES, HISTORY, BIOGRAPHY, NATURAL HISTORY, MUSIC, DRAWING AND PHOTOGRAPHY.

It is illustrated by portraits and numerous other beautiful engravings, rendering more instructive and interesting the various subjects treated upon in its columns.

A few pages are printed in large, plain type, for children, and contain easy words and simple ideas, to instruct the child, and teach some moral lesson or fact in nature.

The Youth's Department contains narratives which impress valuable moral lessons relating to habits, conduct, etc.; also, travels, descriptions of animals, poetry, and articles on various scientific subjects, adapted to the capacity of the young.

Several pages are devoted to articles from the pens of the ablest writers, embracing the Natural Sciences, Biography, History, etc.

Such a variety the Student presents in its monthly visits. It has a word of encouragement for ALL who desire improvement, from the TEACHER and the PARENT to the youngest pupil.

Our Enterprise is a novel one, and the plan of our work unlike any other that has ever been offered to the public; and our aim is to present the BEST FAMILY PERIODICAL IN AMERICA.

TERMS IN ADVANCE.
Single copy, one year, \$1 00 | Eight copies, one year, \$6 00
Five copies, " " 4 00 | Fifteen " 10 00

☞ Sample numbers will be sent gratis, when desired.

Please address all letters, POST PAID, to

FOWLERS AND WELLS,
131 Nassau-st., New York.

☞ Editors, Postmasters, Teachers, and Clergymen are authorized agents.

N.B.—THE NEW VOLUME COMMENCED WITH MAY, 1851.

A FEW OPINIONS OF THE PRESS.

"THE STUDENT is one of the most worthy and useful publications that we receive, and contains a large amount of reading matter for \$1 a year."—*The Express*, Lancaster, Pa.

"THE STUDENT is unsurpassed by anything we have ever seen, and is truly invaluable for children."—*American Citizen*, Morrisville, Vt.

"The editor of The Student devotes himself to his work with unwearied assiduity and research, and brings together in it an extent and variety of useful and entertaining matter, which makes it one of the very best periodicals for family reading."—*The Independent*, New York.

"The Student is a little encyclopedia of knowledge for the young."—*Daily Telegraph*, Jersey City.

IN PRESS, TEA AND COFFEE: their Physical, Intellectual, and Moral Effects on the Human System. By DR. WILLIAM A. ALCOCK. A new edition of this work will be printed, and ready for delivery, on or before the 10th of June, [present month.] The publishers have reduced the price of this very useful little book, and now offer it to the public at 12½ cents a copy. It may be sent by mail, at a trifling cost for postage. Address, post paid, Fowlers and Wells, New York.

MOUNT PROSPECT WATER-CURE.

This Institution is situated at the base of the Mountain from which it takes its name, and in the immediate vicinity of the beautiful and flourishing City of Binghamton, at the junction of the Susquehanna and Chenango Rivers, and is at all times accessible by the N. Y. and Erie Railroad—East and West.

The buildings connected with, and belonging to the Institute, have been recently erected without any regard to expense, but with a strict view to the comfort and happiness of those who may require its services.

Probably there is no establishment of a similar character in the United States, which combines with it so many advantages as that of the above Institution. Possessed of a never failing spring of the purest soft water, coming from an elevation of upwards of two hundred feet, of an atmosphere free from miasmatic influences, surrounded by a delightful grove and shrubbery of rich and luxuriant foliage, with walks of a most romantic character, and with scenery resembling that of the Rhine, or the rich valleys of Switzerland, free from the "noise and turmoil of busy life," are a few of the presentations the "Cure" offers to the sick and afflicted.

The Institution is abundantly supplied with every facility for the successful carrying out the treatment of diseases by the use of pure water, in its various forms of application; and the Proprietors deem themselves peculiarly fortunate, in having secured the services of Dr. Barrett, late of the City of New York, a gentleman of high standing and reputation, and whose knowledge and experience in the treatment of diseases, by Hydropathy or Water-Cure, for the past eight years, is of itself an ample guarantee that those who may need his professional care will be competently dealt with.

The terms of the Institute are eight and ten dollars per week, which includes medical treatment, board and attendants. Each patient, on his admission to the "Cure," must provide himself, for personal use, the following articles, viz.:

Three comfortable, two blankets, three stout cotton sheets, one coarse linen sheet, and six crash towels; the whole of which, to prevent loss, should be marked with the name of its owner.

All letters, on professional business, must be addressed to the Resident Physician at the Institution; and no communications will receive attention, nor will any letter be taken from the post office, unless the postage is prepaid.

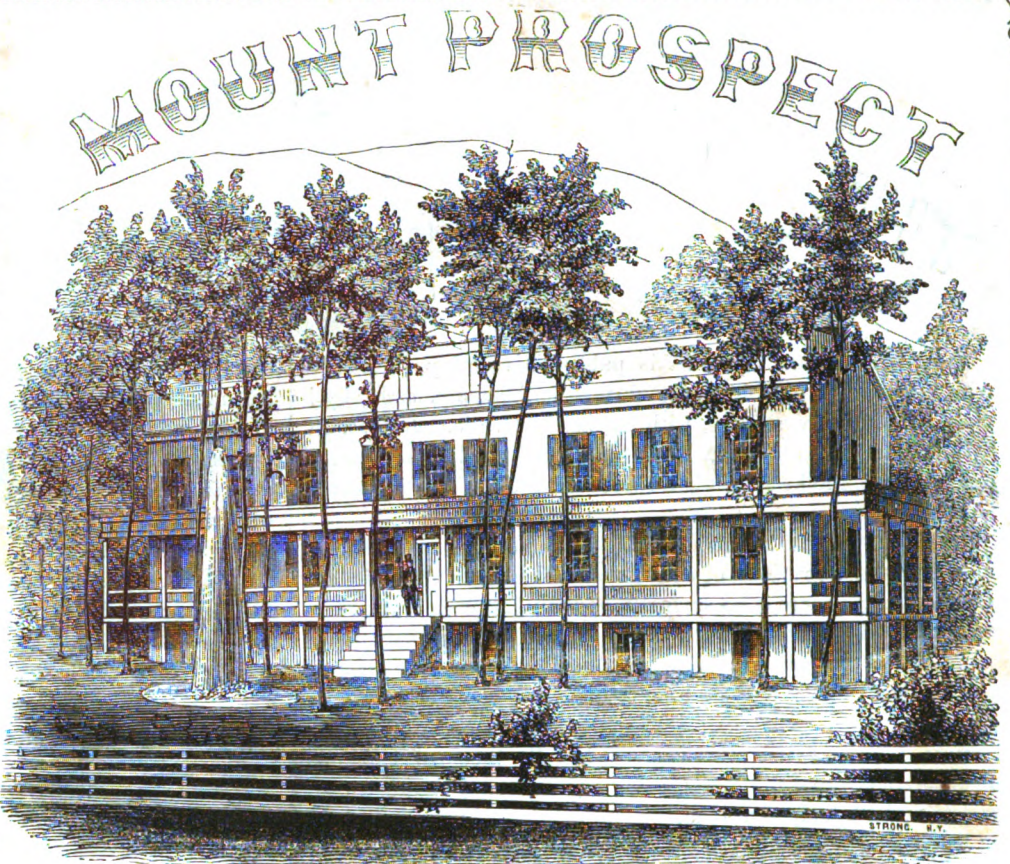
CLEMENT B. BARRETT, M. D., Resident and Consulting Physician.

DANIEL W. RANNEY, { Proprietors.
HIRAM M. RANNEY, {

Binghamton, Broom Co., N. Y.

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ATHOL WATER-CURE ESTABLISHMENT—This Institution is situated in the flourishing town of Athol, Worcester Co., Mass., 32 miles from Worcester, 22 from Greenfield, 14 from Barre, 25 from Keene, N. H., 30 from Brattleborough, Vt., 100 from Albany, N. Y., and 70 from Boston; and is accessible by railroad, from different parts of the State, and from N. Y. Vt., and N. H., being situated on the Vt. and Mass. Railroad, leading to Brattleborough.

It is one of the most salubrious and beautiful localities that can anywhere be found. The scenery in the vicinity is truly romantic; something new and interesting always presenting itself to the eye of the wanderer. From the top of Ward Hill, a pleasant walk of one mile from the Institution, may be seen 5 peaks of the Green Mountains, the Monadnock, Wachusett, Saddle Mountain, &c., with a beautiful range of hills on the N. and W., whilst Miller's River is seen winding its way through the beautiful valley below, with Vt. R. R. near its banks, on its way to the Connecticut. Babcock's Pond, 2 miles from the Water-Cure, and Estabrooks' Grove, three-fourths of a mile from the same, are always visited by patients with the deepest interest. The back road leading from the Institution to the lower village, is a retired and interesting walk for invalids, passing, as it does, through a grove of tall pines which rear their lofty heads from 75 to 100 feet from the ground, and seem to say to the patient, My health and strength were never injured by intemperate living, nor tight lacing: throw off your shackles and breathe the fresh country air with me, that you may become strong as I am.

This air of Athol, coming from the Green Mountains, is fresh, pure, and highly invigorating. The water is of the best quality, as pure as water once distilled, and in abundance, conducted to the establishment free from the poisonous qualities of lead.

This Institution has heretofore been owned, and under the care of Dr. Hoyt, who has treated, with great success, all kinds of disease, particularly dyspepsia, liver complaints, bronchitis, incipient stages of consumption, rheumatism, scrofula, nervous diseases, &c., &c.

The Institution will be newly furnished and opened for the reception of patients, the 1st of May, 1851, under the immediate care of Dr. J. H. HERO, who, from a pretty large experience in Homoeopathic practice, and several years' experience and successful practice in Hydropathy, feels confident that a good degree of success will mark his efforts in all curable cases that may be committed to his care. Dr. H. has procured the services of an experienced and faithful bathman, a good bathwoman, good domestic help, and purposes, in all

respects, to make this Institution a desirable place for the cure of disease.

Terms for treatment and board, \$6 per week, washing excluded, payable once a fortnight. Extra privileges or extra attendance will subject the patient to extra charge. Friends of patients and visitors will be charged 50 cents per day. Terms, for examination, \$1. Post-paid letters, with one dollar enclosed, soliciting advice, will receive attention. Corresponding patients should describe their condition as well as may be, in respect to age, sex, married or single, temperament, color of hair, past general health, health of family, &c., &c., in order to be benefited by advice.

Patients coming to this Institution for treatment, are requested to bring two large cotton comfortable, two woolen blankets, three cotton or linen sheets, six crash towels, with old linen and flannel for bandages, &c., all legibly marked. Each patient ought also to have one umbrella and a pair of slippers.

Athol, April 1, 1851.

je 3t

J. H. HERO.

WORCESTER WATER-CURE INSTITUTION, No. 1, GLEN STREET.—This building was erected expressly for Hydropathic purposes, and embraces all the conveniences necessary for the improvement and enjoyment of patients. The location is retired and overlooks the city.

TERMS.—For full board and treatment, \$3 to \$10 per week, according to rooms occupied.

A medical fee of \$2 for first examination will usually be required.

Patients are requested to bring two coarse cotton and one linen sheet, two woolen blankets, one comfortable, and old linen for bandages. S. ROGERS, M.D.; E. F. ROGERS, Superintendent. je 1t.

HUDSON RIVER WATER-CURE ESTABLISHMENT, at Tarrytown, is now open for the reception of patients. F. D. PIERSON, M.D., Physician. je 1t.

NEW YORK COMMISSION AGENCY—The undersigned have made arrangements to import from Europe, by every steamer, PUBLICATIONS of every description.

They will also fill orders for STATIONERY—including every variety of Writing Papers, Envelopes, Gold and Steel Pens, Writing Inks, Sealing Wax, Wafers, Cards, and all other useful articles. Country Merchants, Post-masters, School Teachers, as well as Families, will be supplied at the lowest wholesale prices, less a small commission, to defray expenses for packing and shipping. FOWLER & WELLS, 131 Nassau st., N. Y.

A PHYSICIAN WANTED TO GO SOUTH, as an Assistant in a first class Hydropathic Institute. To one, master of his profession, and who would be willing to devote his entire time and energies to the duties of his calling, a liberal salary will be paid. Address, Dr. Shew, corner of 12th Street and University Place.

Also, in the same Institution, is wanted a Gentleman, of liberal education and good character, to conduct the business department of the Institution. Apply as above. je 2t

FOREST CITY WATER-CURE—located near Ithaca, N. Y., on the eastern shore of Cayuga Lake. The Medical department is in the hands of S. O. Gleason, M. D., former Physician to the Glen Haven Care. Mrs. R. B. Gleason will take specific charge of the female patients. Persons coming from New York, and from the Southern Counties, can take the Ithaca Rail Road, which intersects with the New York and Erie Rail Road at Owego, and arrive at Ithaca every night and morning. From the North, East, and West, can take the stage at Auburn every morning, or a steamboat at Cayuga Ridge every afternoon for Ithaca. The stage leaves Ithaca every morning for Auburn, passing the Cure.

Terms.—Board, fuel, lights, medical advice, attendance, &c., \$5 to \$10 per week, varying according to room and attention required. Payments made weekly. Each patient will furnish three good-sized cotton comfortable, one woolen blanket, and a linen packing sheet, 13 1/4 yards long by 1 1/2 yards wide, besides four coarse bath towels. Some old linen for bandages will be desirable. All business letters addressed to Dr. J. F. BURDICK, Forest City P. O., Tompkins Co., N. Y., post paid. ap 6m

CLEVELAND WATER CURE ESTABLISHMENT is now open for the reception of patients. The success which has attended it thus far gives bright hopes for the future, and enables the subscriber to say with confidence to all who wish to make a practical application of the hydropathic treatment, that they can pursue it here under the most favorable auspices for the removal of disease. The location, although in the immediate vicinity of one of the most beautiful cities in the Union, is still very retired. There is connected with the establishment some forty acres of native forest, which furnishes one of the most beautiful retreats for walks and amusement that can be desired. The best German Bath Nurses are in attendance. The price for board, medical advice, and all ordinary attendance of nurses, is \$8 per week, payable weekly.

Patients in indigent circumstances, coming well recommended, and willing to occupy second-rate rooms, will in certain cases be received at a reduced price. All communications must be post paid.—T. T. SEELYE, M. D., Proprietor. ap 3t

THE WATER-CURE JOURNAL

Prospectus.

THE WATER-CURE JOURNAL is published monthly, illustrated with engravings, exhibiting the Structure, Anatomy, and Physiology of the Human Body, with familiar instructions to learners. It is emphatically a JOURNAL OF HEALTH, adapted to all classes, and is designed to be a complete FAMILY GUIDE in all cases and in all diseases.

HYDROPATHY will be fully unfolded, and so explained that all may apply it in various diseases, even those not curable by any other means. There is no system so simple, harmless, and universally applicable, as the Water-Cure. Its effects are almost miraculous, and it has already been the means of saving the lives of thousands who were entirely beyond the reach of all other known remedies.

PHILOSOPHY OF HEALTH.—This will be fully discussed, including Food, Drinks, Sleep, Clothing, Air, and Exercise, showing their effects on both body and mind.

REFORMS in all our modes of life will be pointed out, and made so plain that "he that runs may read." We believe fully that man may prolong his life much beyond the number of years usually attained. We propose to show how.

TO INVALIDS, no matter of what disease, the principles of Hydropathy may safely be applied, and, in nine cases out of ten, great benefit may be derived therefrom.

TO THOSE IN HEALTH.—Without health even life is not desirable, unless a remedy can be found. To preserve health, no other mode of living can compare with this system. In fact, were its rules observed and carried out, many of our ills would be forever

banished, and succeeding generations grow up in all the vigor of true manhood. It will be part of our duty to teach the world how to preserve health, as well as cure disease.

WATER-CURE AT HOME.—Particular directions will be given for the treatment of ordinary cases at Home, which will enable all, who may have occasion, to apply it without the aid of a physician.

TO WOMEN AND MOTHERS.—It is universally conceded by all intelligent practitioners, as well by the old school as the new, that the Water-Cure is not equaled by any other mode of treatment in those peculiar complaints common only to women. The Journal will contain such advice and instruction as may be considered most important in all these critical, yet unavoidable cases.

THIS JOURNAL will be published on the first of each month, containing the best matter with reference to the application of this system to Life, Health, and Happiness, adapted to all classes, on the following

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No. 131 Nassau-street, New York.

A few Testimonials from the Newspaper World.

THE WATER-CURE JOURNAL.—We would not deprive ourself of a copy of the Journal for fifty times its subscription price. It is working a beneficent revolution. Its truths will open a world of health and hope to the poisoned invalid. Water, a proper diet, and exercise, will not raise the dead, but some of the worst ills of life can, through their agency, be removed from our race.—*Clinton County Whig*.

It is a bold and liberally edited periodical, presenting with ability and science the principles of medical reform it advocates, and containing, what is more valuable to popular readers, information of the means by which disease can be prevented.—*Kalida Ventura*.

No praise of ours can add to the worth of this excellent periodical. We never take up a number without wishing it was placed in the hands of every family in the country.—*Clermont Sun*.

We know of no medical work that is conducted with so much spirit, and keeps as well posted up in all matters connected with the profession, as this.—*Allegan Record*.

It has spread broadcast many useful facts, and added no small amount to the stock of "common sense" in this country in relation to some of the most important laws of life and health, and we hope to see it continue in this good work in its enlarged sphere of usefulness.—*Washtenaw Whig*.

Those of our readers who desire a work that treats of the laws of health in a plain and common-sense manner, cannot do better than to subscribe for the Journal.—*Shaboygan Mercury*.

THE WATER-CURE JOURNAL AND HERALD OF REFORMS: Devoted to Physiology, Hydropathy, and the Laws of Life.—This is another publication we most cordially and earnestly recommend to the heads of families, and to everybody; for who is not interested in the laws of health and life, which are in this Journal so ably discussed, and so fearlessly, too, of the mighty opposition of the monster—custom? In it is always found something new, of deep importance to every one.—*Banner of Liberty, Maryland*.

THE WATER-CURE JOURNAL.—This beautiful, highly useful, and interesting periodical, is on our table. It contains a vast amount of reading matter concerning the promotion and preservation of health, which cannot fail of being useful and valuable to all classes of readers.—*Homestead Journal*.

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THE WATER-CURE JOURNAL is full to the brim, as usual, with matter of the highest importance to the people.—*Portland Transcript*.

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We believe it to be altogether the most valuable work on the subject of health there is issued. We have no doubt it would be a blessing for the country if it could be introduced into every family.—*Wyoming County Mirror*.

We might add similar testimony from thousands, were it necessary; but we deem the above sufficient to show the prevailing sentiment in regard to the value of the WATER-CURE JOURNAL.—PUBLISHERS.